



PETE'S PANIC
'I feel pressure to look good'

CHANTELLE
PILES ON 7LBS AFTER JUNK FOOD BINGES



'JEALOUS' KIM BEGS KENDALL

'DON'T FLAUNT YOUR SKINNY BODY'



25p
cheaper than
CLOSER*
*BASED ON ITS USUAL COVER PRICE

Issue 633 • £1.25 • August 3 2015
 new-magazine.co.uk

new!

IN-TURMOIL OVER THEIR MEN



JORDAN
Humiliated after Kieran's ex taunts her with cryptic tweet



CHERYL
Feeling the strain as hectic schedule pulls her and JB apart



MICHELLE
Mortified after Mark is branded a 'hypocrite' over explosive Lauren rant



MYLEENE
'DEVASTATED' AS HER EX BLASTS 'YOU'RE A LIAR!'



Export €2.30
 Italy €5.35
 ROI €2.05
 Austria €3.60
 Malta €2.99
 Germany €3.30

This version of this edition was current at the time of going to press - other versions of this issue may be distributed, the content of which may vary from the contents of this magazine

FIESTA STYLISTA



ARE YOU A #FIESTASTYLISTA?



Win your big break as the UK's next top stylist with FORD **FIESTA**. Instagram your take on the red trend with the caption **#FiestaStylista** for your chance to be chosen. Visit fiestastylista.co.uk to find out more.

Official fuel consumption figures in mpg (l/100km) for the Ford Fiesta range: urban 33.6-83.1 (8.4-3.4), extra urban 58.9-94.2 (4.8-3.0), combined 47.9-88.3 (5.9-3.2). Official CO₂ emissions 138-82g/km.

The mpg figures quoted are sourced from official EU-regulated test results (EU Directive and Regulation 692/2008), are provided for comparability purposes and may not reflect your actual driving experience.



Go Further



We're excited to see what mayhem the cast cause!



We're already hooked on *Life On Marbs*!

For a time there, we were getting a bit panicky. *Love Island* and *Big Brother* had both ended after keeping us entertained on a nightly basis, and knowing *TOWIE* was drawing to a close, we were wondering where our next reality TV fix was going to come from. And then ITVBe threw

us a lifeline in the form of *Life On Marbs*. Phew!

The Marbella-based show from the makers of *TOWIE* has all the ingredients that make compulsive viewing – hot hunks, feuding friends and cringey catchphrases

(Oi oi, Josh!) – with the added bonus of sun, sea and, of course, sex!

And if that wasn't enough, we've already had some killer lines. We loved Lina – aka "Mummy Marbella" – advising Suzy to be all "tits and teeth" at an event! And then there was "The Duchess" Natalie – who claims to have slept with Leonardo DiCaprio – regaling us with info about her tweaked lady bits and saying, "My designer vagina is the Gucci of the hoochies." Amazing. We don't need a crystal ball to predict this show all summer!

Oh... as an extra treat, don't miss this week's Guy Candy (p78), featuring three of the hottest hunks from *Life On Marbs*. We do spoil you!



Lebbie Eyres, editor-in-chief



PHOTOS: Eamonn and James Clarke/Unique, Erolene.co.uk, Getty Images, Lime/ITV, Photoshot, Splash News, Wern.com, Xposurephotos.com

CELEBS THIS WEEK

- 4 Papped
- 6 The Kardashians
- 8 Cheryl Fernandez-Versini
- 9 Katie Price
- 12 Mark Wright and Michelle Keegan
- 14 Chantelle Houghton
- 16 Myleene Klass
- 17 Ben and Abby Cohen
- 18 Skinny celebs
- 21 Peter Andre
- 22 Jesy Nelson and Perrie Edwards
- 25 Charlotte Crosby
- 24 Kimberley Walsh
- 28 Kate Moss
- 29 Dan Edgar
- 30 What's new!
- 33 Holly Hagan
- 34 Hot or not?
- 36 Guest list girls
- 37 Katie Hopkins
- 38 Celebs gone to seed
- 67 Denise Welch
- 74 Paul Hollywood and Mary Berry
- 78 *Life On Marbs*' Joss Mooney, Adam Graham and Phil Savage
- 43 Festival wardrobe
- 44 Embroidery
- 48 Fashion hot list
- 50 Summer denim
- 51 Love it? Get it!
- 52 Rochelle Humes
- 55 Beauty



TRUE LIFE

- 58 "My boyfriend poisoned me with toilet cleaner"
- 62 How to be sun safe
- 64 "I found my long-lost twin... on YouTube!"

IN EVERY ISSUE

- 61 Celebrity bites
- 68 Travel: sun, sea and stars
- 72 Reviews
- 79 Horoscopes and letters
- 80 Puzzles
- 82 Express your selfie

COLUMNISTS

- 20 Peter Andre
- 27 Lauren Goodger
- 32 Vicky Pattison

STYLE

- 41 Snap it up!
- 42 new! likes your style

SKINNY ALERT!

Celebs are famous for wanting to stay in shape, but some take their regimes a little too far. We were shocked to see Lucy Mecklenburgh looking slimmer than ever, while former *X Factor* judge Tulisa also looks like she's shed a few pounds. Turn to page 18 for more shrinking stars.

Follow us on Twitter!

twitter.com/new_magazine
[@LebbieE](https://twitter.com/LebbieE), [@lisajarvo](https://twitter.com/lisajarvo), [@juliabrooks87](https://twitter.com/juliabrooks87),
[@SarahKMorton](https://twitter.com/SarahKMorton), [@KarmelDoughty](https://twitter.com/KarmelDoughty),
[@ZaraZubeldi](https://twitter.com/ZaraZubeldi), [@LivAdams2011](https://twitter.com/LivAdams2011)

Danielle Lloyd

LIVERPOOL, JULY 21

The mum of three shows off her footie skills as she enjoys a kickabout with her boys in the park. Anything ex-hubby Jamie O'Hara can do...

Lindsay Lohan

MYKONOS, JULY 20

As she soaks up the sun on the Greek island, LiLo seems to have forgotten her swimwear and gone for a dip in her undies!

Rihanna

NEW YORK, JULY 17

You can do whatever you want when you're famous. And that includes going out for the night in your PJs and fluffy slippers. Shouldn't that be a glass of milk though, RiRi?

Danielle Armstrong

ESSEX, JULY 20

The TOWIE girls are rarely seen without full slap, so we did a double take when we clocked this snap of Danielle make-up free and wearing a tracksuit. Perhaps she's getting cash out before heading to the salon...

Billi Mucklow

ESSEX, JULY 17

Also throwing glamour to the wind is new mum Billi, but as she only gave birth to Arlo six weeks ago, we can forgive her for forgetting to take her curlers out before going shopping.



Britney Spears

LOS ANGELES, JULY 22

After splitting from boyfriend Charlie Ebersol back in June, Britney has washed that man right out of her hair – and replaced him with some purple streaks!



Angelina Jolie, Knox & Vivienne

LOS ANGELES, JULY 19

The twins accompany their famous mum on a shopping trip to celebrate their seventh birthday. We're sure Ange treated them to something nice!



Papped

Seven days with the stars

PHOTOS: Milton Ventura/Broadimage, Mavrix/OIC, Mercury Press, Rex Shutterstock, Rinsephotos.com, Spread Pictures, Xposurephotos.com



Keith Urban & Nicole Kidman

NEW YORK, JULY 20

You'd be forgiven for thinking these were waxworks at Madame Tussauds – but in fact it's the real couple out and about in the Big Apple, with matching frozen faces!

STORY of the WEEK

‘Jealous’ Kim blasts Kendall over bikini snap

The pregnant reality star’s body insecurities come to a head as her little sister flaunts her figure online

THERE’S NOTHING WRONG WITH A LITTLE SIBLING RIVALRY – but Kim Kardashian’s jealousy over half-sister Kendall Jenner reached new heights last week when she blasted the model for posting a sexy bikini selfie online.

According to insiders, Kim, 34 – who’d been in Paris for baby wardrobe fittings – told Kendall she looked “too thin”. It came just days after the mum-to-be admitted she’d put on 20lbs since falling pregnant with her second child, tweeting, “Went to the Dr today for a check up, guess I was off on my 20 week mark by a week or two... But not the 20 lbs LOL.”**

Our source revealed, “Kim is putting on a brave face and talking up how much she loves being pregnant, but behind closed doors, she’s stewing. No one can imagine how jealous she is of Kendall. She’s always wanted that type of slender, tall, elegant body her younger half-sister has. When Kim saw Kendall’s snap of her posing in a bikini by a pool, Kim got a little catty. She told Kendall she looks too thin and urged her to eat more protein and high-fat foods.”

The fact that Kendall, 19, does little to maintain her figure is also a bugbear for Kim. Just last month, the superslim model admitted she hadn’t worked out for over four weeks. However, Kim revealed

Kim has spoken of hiding her “big arms” in coats

The pregnant star has gained 20lbs

KIM PANNED FOR DRUG PLUG! The star’s promo sparks a backlash online...

Kim Kardashian came under fire last week when she urged other mums-to-be to take a prescription drug to beat their morning sickness.

Despite Kim claiming the Diclegis pills had been “studied”, her followers on Instagram weren’t so convinced. One wrote, “This could still be dangerous to the baby! Study this first!” Another added, “I can’t imagine any long term studies on this drug:(and what pregnant mom would what to take part in this drug??”

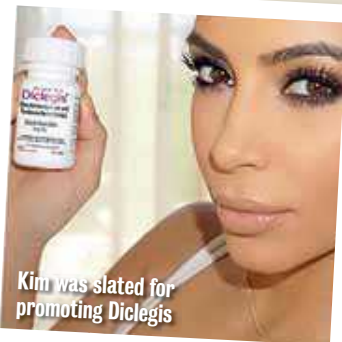
We contacted the Medicines and Healthcare Products Regulatory Agency, which told **new!** that such actions wouldn’t be tolerated in the UK. “It is against the law for anybody to advertise prescription-only medicines to the public in the UK,” a spokesperson said. “This is because they need to be taken under the supervision of a medical professional such as a GP.”

Kim, who is around 20 weeks pregnant with her and Kanye West’s

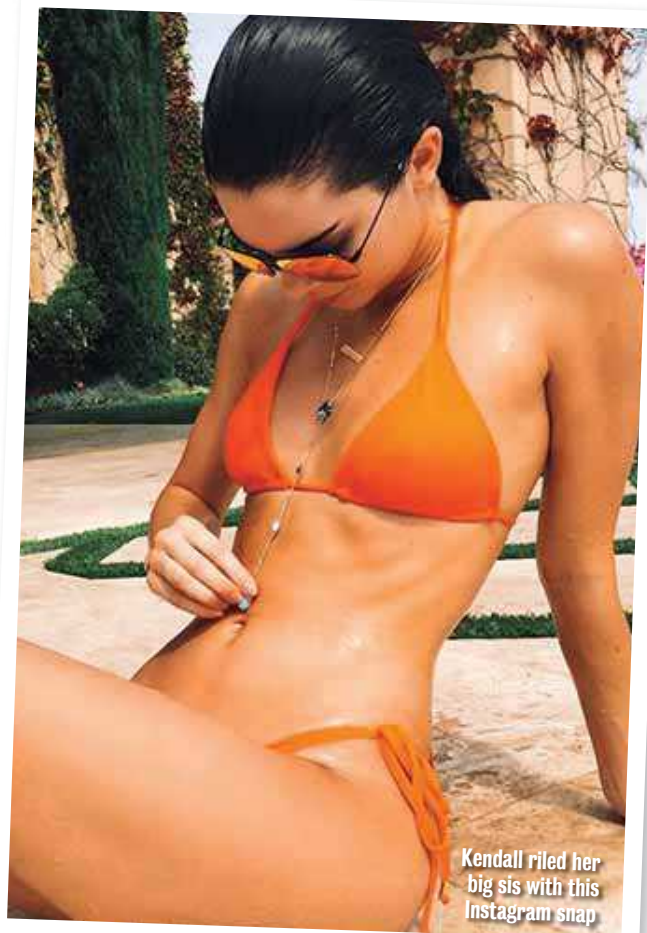
second baby, has made no secret of her morning sickness.

In June, she tweeted, “Wait wait wait I thought this nausea thing was supposed to be gone by now!!!! UGHHHHH,” and said, “To be honest, I’ve had really bad morning sickness, day sickness, night sickness. I can barely get out of bed.”

Now you’ve *really* got something to feel sick about, haven’t you, Kim!



Kim was slated for promoting Diclegis



Kendall riled her big sis with this Instagram snap

to Spanish *Vogue* she had to train every day, saying, "The shape of my body isn't naturally slim," which of course will only become more difficult as she moves further into her pregnancy.

It's clearly Kendall who brings out Kim's insecurities the most. Earlier this year, Kim said she would "love to swap bodies with Kendall for a week... to look from that little bit higher up and fit into everything perfectly".

And while our source told us Kim is ultimately "super proud" of everything Kendall has achieved, they added, "That doesn't negate how envious Kim is of Kendall's youthful beauty and success."

Kim's lack of body confidence isn't new. After daughter North's birth in 2013, she vowed never to get pregnant again – "I got huge and it felt like someone had taken over my body," she complained – and in June this year, Kim said her maternity wardrobe would consist of light coats to conceal her "big arms".

The brunette even admitted to sometimes wearing two pairs of Spanx to appear slimmer and, on seeing snaps from her photo shoot with Spanish *Vogue*, her first concern was that she didn't look "fat". Er, we still think you look great, Kim!

ZARA ZUBEIDI



Kim features in the August issue of Spanish *Vogue*



Kourtney 'betrayed' by Khloé!

The sisters fall out after Khloé refuses to cut ties with Scott Disick...

KOURTNEY KARDASHIAN MAY HAVE DUMPED SCOTT DISICK, but her ex is still managing to cause her heartbreak.

The mum-of-three is said to be furious with her sister Khloé after she discovered her younger sibling is still in touch with her former partner.

Sources claim Khloé, 31, has been calling Scott every day – despite Kourtney, 36, dumping him earlier this month after seeing pictures of him getting cosy with his ex, Chloé Bartoli.

An insider told **new!**, "Kourt feels betrayed. Khloé is like, 'He is the father of your kids. I'm trying to make sure he doesn't go more mental than he is.'"

But Khloé's words are falling on deaf ears, as Kourtney thinks her sister's loyalty should lie with her – especially as she was a pillar of support for Khloé during her marriage breakdown with Lamar Odom back in 2013.

The pal added, "Kourtney said, 'I didn't call your ex every day

Kourtney looked downcast in LA last Monday



Khloé shared a video of herself with Penelope

when we all found out he was a drug addict sleeping around!' It's a mess. She feels nothing should trump sisterly alliance. Why is her sister allying with her ex? It's driving Kourt crazy."

Despite the drama between the siblings, Khloé continued to play the role of doting aunt last week, posting an adorable video of herself with her niece Penelope on Instagram.

And Khloé no doubt came up in conversation when Scott and Kourtney reunited for the first time since their split last Thursday.

The former couple arrived separately at the Beverly Hills Hotel where they had lunch with their children, Mason, five, Penelope, three, and seven-month-old Reign. A source said, "They were deep in conversation and very serious."

The following day Scott was spotted close to his home with Mason. At least he and Kourtney are keeping things amicable for the kids!

JULIA BROOKS



Khloé is close to Kourtney's ex Scott

Cheryl's concern for 'unhappy' JB!

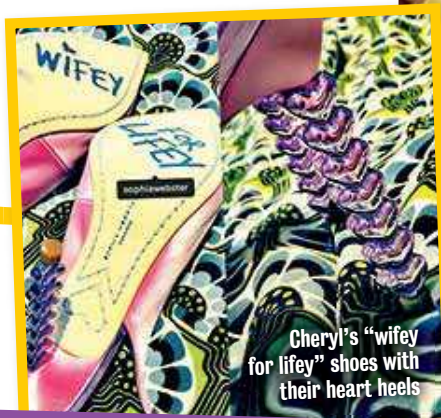
The *X Factor* judge proves she's still head over heels for her hubby...

CHERYL FERNANDEZ-VERSINI AND HER HUSBAND JEAN BERNARD have been pretty much inseparable since tying the knot last July. But with the *X Factor* auditions in full swing, fans are concerned the Frenchman is struggling with Cheryl's new workload, with one even commenting that he looks "unhappy".

Cheryl, 32, is also worried about her man's feelings – and keen to prove to him that they're still as strong as ever. The former Girls Aloud singer took to Instagram to post a picture of her spectacular Sophia Webster shoes, featuring heels made from little hearts and the words "wifey for life" scrawled on the soles. If that's not a sign of reassurance, we don't know what is!

However, two days later, her show of support was overshadowed when JB appeared to respond negatively to a video of Cheryl in a clinch with fellow judge Nick Grimshaw. After viewing the clip, in which Grimmy picks Cheryl up, cupping her bum, JB wrote on Instagram, "Jimmy the grym you very funny and strong after all those house in the gym but remember her ass is mine." Eek!

With Cheryl focusing on her day job, no one could blame JB, 34, for feeling lonely. He even posted a picture of himself in a bar with ex-JLS star Marvin Humes, 30, whose wife Rochelle, 26, is co-presenting *The Xtra Factor*. He wrote, "When a business man meets a DJ @marvinhumes



Cheryl's "wifey for life" shoes with their heart heels



Marvin and Jean Bernard are missing their wives

guess what the topic of the conversation is? Their wife!" The glum picture prompted followers to speculate he's missing Cheryl. One said, "Awww you don't look happy at all without ur wives."

It's clear the long hours are already taking their toll on Cheryl. Shortly before co-judge Rita Ora complained of their "16 hour day", Cheryl shared a snap of herself with her eyes closed and commented, "#Mood #asleep on my feet #xfauditions."

Meanwhile, JB, who's always the first to defend his wife, may well have had his nose put out of joint by Simon Cowell last week when the *X Factor* boss waded into the debate regarding Cheryl's weight.

Simon, 55, said Cheryl "eats like a horse", adding, "This is not someone who's trying to make herself thin. I think she did pick up a bug and I think the way she's approaching what was addressed about her weight in a very open way – by saying she is thin and trying to put on weight – is great."

KATE NOBLE



Cheryl at the *X Factor* auditions in London last Tuesday

PHOTOS: Rex Shutterstock *Internet posts are printed exactly as they appear online



Cheryl has admitted she's finding the auditions exhausting

Jordan's fury as Kieran's ex taunts her

Kieran's former lover causes a stir online as she posts a cryptic tweet...

WHEN IT COMES TO CAUSING A STIR ON SOCIAL MEDIA,

Jordan takes the crown. But the notoriously cryptic tweeter was given a taste of her own medicine last week when her husband Kieran Hayler's ex, Laura Summers, told fans she'd been contacted by an old boyfriend.

Ex On The Beach star Laura, 30, tweeted, "Just had a ex boyfriend contact me after seeing the TV advert for #ExOnTheBeach3 there all crawling out the wood work now #toofunny."

Hours later, she followed it with a post that read, "Don't feel sad over someone who gave up on you, feel sorry for them because they gave up on someone who would have never given up on them."

The former glamour model's messages are bound to have been humiliating for Katie, 37, as people may believe Laura was talking about Kieran. Laura's agent wouldn't give **new!** the mystery ex's identity when approached last week.

It isn't the first time Laura has taunted Jordan. She has already promised to reveal a "secret" when she appears on the reality show next month, and last year she spoke openly to **new!** about her three-month relationship with Kieran in 2012, describing their chemistry as "ridiculous".



Was Laura's tweet (below) about her ex, Kieran?



In the days leading up to Laura's tweets, Katie tried to prove she was still the queen of mystery by poking fun at her ongoing spat with footballer Joe Hart and his wife Kimberly Crew.

Tweeting a comedian with the same name as the sportsman, she wrote, "Hey @JoeHart I'm hearing good things and can't wait to come and watch you xx." Hours later, she wrote, "@JoeHart check you out in this picture in 2011 when you helped doing my kpequestrian stands."

Joe, who is believed to be the son of Katie's business partner, responded to the picture with, "@MissKatiePrice I look so young there! Can't believe it's been almost 5 years!" He then joked, "All publicity is good publicity, right?"

Katie's feud with Joe and Kimberly began last month when, hours after they wed, she tweeted, "All Harts go out to the married couple is he going to tell her the truth about us xx."

Kimberly reportedly hit back, calling Katie a "clueless bimbo". Miaow!

ZARA ZUBEIDI



Katie and Kieran stepped out together days before his ex's teasing tweet

JORDAN'S BOOB SCAR

Katie Price showed off the scarring from her seventh boob job in a plunging pink catsuit last week.

The star went from a B-cup to a 32DD earlier this year following the removal of her old implants last November.

In February last year, she spoke about the scarring left from a previous op, saying, "Despite rumours, I'm not planning more surgery – my body already looks like a patchwork quilt with scars under

my boobs and from my caesarean."

But months later the mum-of-five appeared more accepting of her scars, saying, "Luckily it doesn't bother me because I heal really well but people have got to remember that if you're going to have a procedure, sometimes it can go wrong and it will leave you with scars."



Jordan's scar was visible at an event last week



VAUXHALL ADAM *Every one's an original*

Official Government Test Environmental Data. Fuel consumption figures mpg (litres/100km) and CO₂ emissions (g/km). ADAM JAM 1.0i 115PS Direct Injection
Car shown is ADAM JAM 1.0i 115PS Direct Injection Turbo in Let it Blue pearlescent paint with White my Fire roof colour pack and 16" Boomerang alloy wheels in White my Fire and white Morrocana interior.

Proud Sponsor of Home Nations Football



Design your very own unique ADAM from a palette of 19 body colours, 7 roof and mirror colours and 25 alloy wheels. There's no end of combinations of exterior and interior accessories and trims, and hi-tech gizmos galore. **Go create at Vauxhall.co.uk/ADAM**



VAUXHALL

Turbo: Urban: 46.3 (6.1), Extra-urban: 68.9 (4.1), Combined: 57.6 (4.9). CO₂ emissions: 114g/km.

Michelle told: 'Mark is an embarrassment!'

The actress is pitied by fans after her husband, Mark Wright, brings up his ex – yet again!

IT SHOULD BE THE HAPPIEST TIME OF NEWLYWED MICHELLE KEEGAN'S LIFE, but it looks like the honeymoon period is already over for her and hubby Mark Wright.

Last week, the actress, 28, had to face the embarrassment of Mark speaking out about his ex-fiancée, Lauren Goodger, for the second time since they wed on May 24.

The former *TOWIE* hunk, 28, stuck the knife into our columnist as he slammed her for defending herself against claims she planned to disrupt their nuptials. He said, "When I've been asked about my past I don't comment, so I don't see how hard that is for someone to do... Even explaining in a column that certain stories are lies, it's still talking about it."

Mark's outburst led fans to call him a "hypocrite" for telling Lauren to keep schtum over their relationship, only to talk about it himself.

"What an idiot. I'd be embarrassed to call this man my husband," one said. Another added, "Is he still going on about Lauren?! If my husband was constantly ranting about his ex I'd be annoyed with him not the ex. If he's so happy whys he even bothered? Yawn." A third simply said, "If I was Michelle I'd be embarrassed."

Ironically, Mark branded Lauren "embarrassing" in a series of tweets he posted during his honeymoon in Dubai last month. He wrote, "If your reading this, please PLEASE respect my wife and STOP. Everyone has a past, get over it!!" adding, "I wish you well but leave me, my life and my wife out of it. Im sure there is other ways to make money."

Last week, Mark attempted to justify his tweets. "I feel like a bit of a



Mark came under fire for his attack on ex Lauren



Lauren's moved on with Jake

mug if I don't say anything back," he said. "I had to stand up for myself and my wife and beg her to stop. I hope she'd now feel silly to try again."

Although he's tried to dismiss their ten-year relationship, he's clearly kept an eye on what Lauren's been up to. "After tweets, columns, interviews and having a picture with someone with the same name as me [she shared a snap of her and *Apprentice* winner Mark Wright] and tweeting it..." he said.

Lauren appeared to hit back last week by retweeting a message of support from a fan, which read, "God @LaurenGoodger literally gets slated for EVERYTHING she does! poor girl cant do nout without gettin abuse hurled at her! #welliloveyou."

Proving she had moved on, she also shared a snap of herself and boyfriend Jake McLean, writing, "Lovely Sunday out with my Bubs."

KARMELO DOUGHTY



Michelle, pictured leaving a gym last Wednesday, has had to endure Mark's rants about Lauren

MICHELLE'S OUTRAGE OVER FAN ATTACK

Michelle Keegan has offered her condolences to a fan who was left badly wounded in a mystery attack after he posed for a selfie with Mark Wright in Magaluf last week. At first, Tom Grundon claimed it was Mark's personal bodyguard who "punched and stamped" on him during Mark's DJ set at Boomerang nightclub, and told Mark and Michelle via Twitter, "You have an awful lot to answer for." But Mark denied the pair had personal security and Michelle wrote, "My thoughts go out to @TomGrundon and his family today, absolutely disgusting what happened, shocking & barbaric. Wishing u a full recovery. X"



Fan Tom posed with Mark...

...and then was badly beaten

save up to

1/2 price on skincare

Get 4 points per £1

Boots
advantage card

Product	Current Price	Original Price
NIVEA Q10 plus DAY CREAM SPF 15	£5.00	Was £9.99
GARNIER Micellar Cleansing Water	£1.00	Was £1.99
GARNIER Summer Body Moisturising Lotion	£4.00	Was £7.79
yes to grapefruit UNEVEN SKIN TONE DAILY FACIAL SCRUB	£4.65	Was £6.99
BOTANICS CLEANSING FACE WIPES	£3.00	Was £3.49
L'ORÉAL PARIS AGE PERFECT RE-HYDRATING CREAM NIGHT	£6.49	Was £12.99

order &
collect



let's feel good

Order by 6pm today and you can collect for free in store tomorrow from midday at 2,300 stores.

Save up to 1/2 price on selected skincare. Available in larger Boots stores. Subject to availability. Garnier Micellar Cleansing Water 125ml, £0.80 per 100ml, L'Oréal Paris Age Perfect Re-Hydrating Night Cream 50ml, £12.98 per 100ml, Garnier Summer Body 400ml, £1.00 per 100ml, Nivea Q10 Plus Energy Day Cream SPF15 50ml, £10.00 per 100ml, Yes To Grapefruit Daily Facial Scrub 112ml, £4.15 per 100ml. Offer ends 4 August 2015. See in store for details. Normal Boots Advantage Card terms and conditions apply. See online for details. Please see www.boots.com/ordertodaycollecttomorrow for full terms and conditions about the order and collect service. Geographical exclusions apply. Monday to Saturday.

Chantelle loses her diet battle

The mum-of-one sees her weight creep up as she gains 7lbs in just a few weeks...

HER WEIGHT HAS DRAMATICALLY FLUCTUATED OVER THE YEARS, but

Chantelle Houghton has piled on the pounds since reaching her ideal weight of 9st 8lbs in June.

The 5ft 6in reality star, 31, stepped out last week looking curvier than she has in months and clutching two McDonald's bags – suggesting she's ditched her strict diet and exercise regime and reverted back to old junk food habits.

Nutritionist Angela Dowden told **new!**, "Looking at Chantelle, I'd say she's put on 7lbs. You can see her arms and legs haven't changed much but there are wobbles around the middle. That's where she's put it on. She puts it on in one place, rather than all over, so you tend to notice it more."

Earlier this month, Chantelle went on holiday to Spain and revealed she "didn't stick too rigidly" to her diet plan, which she began last November after seeing unflattering pictures of herself shopping in Essex.

The mortified star, who then tipped the scales at 12st, told **new!** at the time,

"I look a right mess," and referred to herself as "Chantelle Four Bellies".

She vowed to slim down from a size 14-16 to a 10.

But clearly the committed vegetarian has relaxed her regime even more since returning home to Blighty.

Dressed casually in summer sandals and a pair of white patterned trousers, the mum-of-one's stomach was visible through her navy vest top. She hid her face behind a pair of sunglasses while balancing the two McDonald's bags, two soft drinks and a Starbucks beverage in her arms.

Chantelle was bikini ready after going to boot camp



She was spotted carrying two McDonald's bags, two soft drinks and a Starbucks beverage



Chantelle looked like she'd gained a few pounds as she stepped out last week

'SHE PUTS WEIGHT ON IN ONE PLACE SO YOU TEND TO NOTICE IT MORE'

Chantelle's appearance is a far cry from the way she looked in May, when she revealed her delight at slimming down to 9st 11lbs, after attending an intensive boot camp in April.

"I don't look perfect, but I'm definitely much more confident in my bikini. I didn't want to put one on before," she told us. "I've still got work to do, but now I've kick-started it, I'm determined to carry on."

So she is sure to feel upset that she's let her hard work slide, especially considering she blamed her previous weight gain on fatty foods and takeaways. Back in March she said, "I'd feel disgusted. I felt so horrible. I'd cry and there

were so many times I'd get upset because I felt frustrated with myself. I knew it was my fault for getting that pizza and putting it in my mouth. If I hadn't done that, I wouldn't have got to 12st. They were tears of frustration."

Chantelle has been open about her weight struggles since her daughter Dolly – whose dad is Alex Reid – was born in June 2012, and this marks another setback.

It's likely the former *Big Brother* star will be gutted to have slipped up, but knowing Chantelle, she'll be back on her healthy eating mission again soon!

OLIVIA ADAMS

I'VE FOUND MYSELF A GREAT **PERSONAL** TRAINER. **ME.**

Dawn, 54,
ParkLives®, Newham.

Dawn's family always comes first. But now she's found something just for her. She is getting fit, bursting with confidence and feeling good about life.

ParkLives® is our programme of free outdoor activities run in partnership with local authorities in parks. It's part of our pledge to get one million people like Dawn active by 2020. With everything from tennis, family yoga or dog-walking socials on offer, there's something for everyone.

Active lives are happy lives, so get involved at parklives.com

Whatever makes you happy.



choose happiness®



Myleene's fresh fears over ex

The presenter is "in bits" after her former hubby brands her "a liar"



The pair split in 2012, six months after their wedding



Graham lashed out on Twitter, accusing Myleene of "slandering" him

MYLEENE KLAS IS AT "BREAKING POINT" AFTER GETTING EMBROILED IN A BITTER WAR OF WORDS with her ex-husband Graham Quinn.

Sources have told **new!** that mum-of-two Myleene, 37, is "distracted" after Graham publicly slated her just days before her huge prime-time TV return on ITV show *BBQ Champ* this week.

According to our insider, the star is now panicking about how far he'll go to smear her name in what should be the most exciting time of her career.

A pal revealed, "There have been lots of tears. She's veering between being defiant and getting very upset."

The war of words between the exes erupted when Myleene said she was wrong not to have signed a pre-nup before they wed in 2012.

She said, "That was as stupid as it gets. One of my girlfriends said later, 'You married a former drug dealer who wouldn't sign a pre-nup. What were you thinking?' I'll never let that happen again, so help me God. If I'd decided to gamble with my money, I could take that, but someone taking it? No."

But Graham hit back in a Twitter post, saying, "Thankyou for once again slandering my name in the papers to promote yourself, it's frankly embarrassing and complete lies..." He added, "I've stayed quiet for three years now but enough is

enough. Please explain to me how I took your money?"

He added, "I lost so much money from our divorce and our house that we bought together..."

Our insider said Gray's outburst couldn't have come at a worse time. "It's certainly not good for her career if the ex starts selling negative stories," they said. "It's a nightmare for Myleene that this comes up just as she's back in the spotlight with her new show. It's a good job that she's out of the country, so she can get her head together."

Myleene put on a brave face last week in a series of holiday snaps she shared of her and her daughters on Instagram. But our insider claimed it's just a front.

"She's devastated and in bits about it," said our source. "This is her worst nightmare. She was totally wiped out when Gray left and took a long time to pick herself up."

In another interview, Myleene opened up about the heartache she suffered when Graham walked out on her six months after they married in 2012. She said, "I thought I'd never smile or trust anyone ever again. I felt so betrayed and so crushed.

Myleene put on a brave face in a series of holiday snaps



The star with her daughters, Hero and Ava

"You imagine other people have the same values as you. I wouldn't walk out on my family. I've got so much pride – I wouldn't take anything from anyone. I certainly wouldn't take a family home. But I couldn't wallow in it and sob."

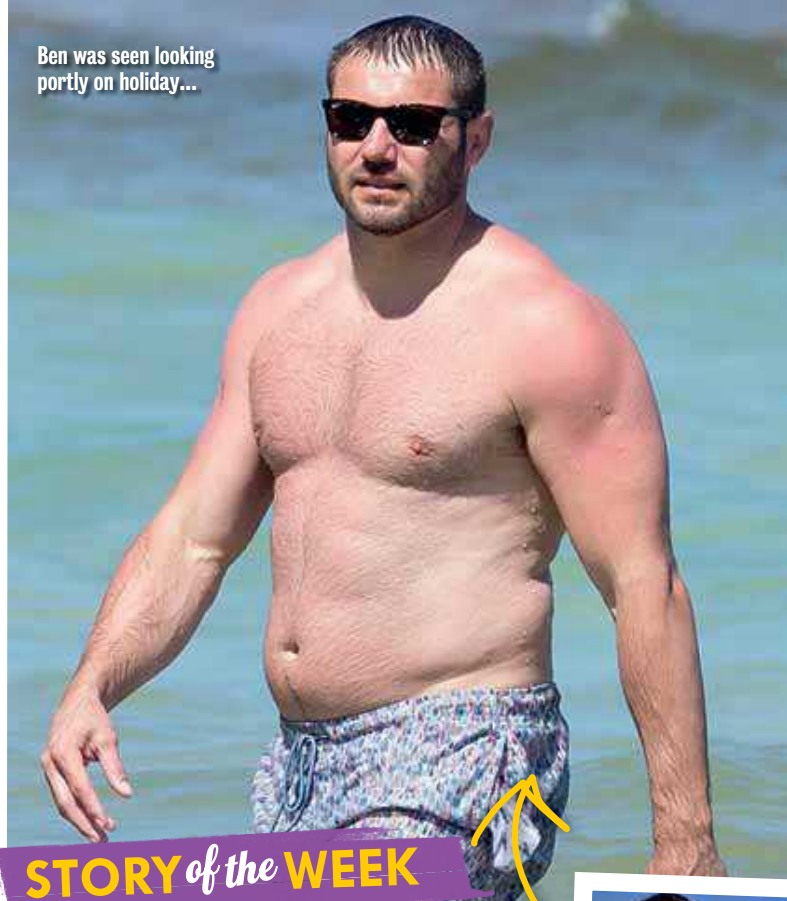
She added, "Now I look back and think it was the best thing that could have happened to me. Don't get me wrong, I'll never speak to him again and I'm not thankful that it happened to be, but I'm not a grudge-bearer."

KARMEL DOUGHTY



It's thought Myleene instigated her ex's rant after opening up about their split in an interview

Ben was seen looking portly on holiday...



STORY of the WEEK

Ben battles the bulge...

...while his girlfriend Kristina faces the wrath of his estranged wife Abby



BEN COHEN HAS ADMITTED HE NEEDS "TO GET BACK INTO SHAPE" after he was snapped flaunting what looked like the start of a beer belly in Miami last week.

The former rugby star, 36, took to Twitter to bemoan his figure, saying, "Eaten way to many burgers. Or maybe it was just the camera angle."

The photos appeared days after it was claimed he told his wife Abby that he and his ex-*Strictly* partner Kristina Rihanoff are dating – which they had previously denied. But as Ben was getting stuck into workouts in Florida with his pal, swimwear designer Melissa Odabash, Abby was in Egypt with their twins, Harriette and Isabelle, seven. She has now reportedly filed for a "quickie divorce".

On July 14, Abby, 36, caused a stir

when she attacked Kristina, 37, in a tweet about karma. She posted the message soon after Ben and Kristina took the twins on a family day out, writing, "@Krihanoff there you go my lovely..." and attached a picture of a quote that read, "When a bird is alive, it eats ants. When the bird is dead, ants eat the bird... One tree makes a million match sticks... Only one match stick needed to burn a million trees... So be good and do good."

After being called "pathetic" by a fan, Abby said, "If you knew the truth you wouldn't write that!" Earlier, she'd tweeted Ben's former *Strictly* co-star Abbey Clancy, who'd shared a pic of her baby Liberty Rose. Abby wrote, "Precious family... Keep it safe and secure as mine totally ruined."

Kristina, who denied she was to blame for the marriage breakdown after she was partnered with Ben in the 2013 series, later branded Twitter trolls who backed Abby "pathetic".

With Kristina's autobiography out in the autumn, we can't see this feud simmering down any time soon!

LYNN CARRAT



Shrinking celebs!

Some of our favourite female stars are getting skinnier by the day...



LUCY MECKLENBURGH

'Lucy's diet is unrealistic'

SHE'S CARVED A CAREER OUT OF

BEING strong not skinny, but last week Lucy Mecklenburgh worried fans when she uploaded a snap of herself looking noticeably slimmer – as well as a picture of a barely-there dinner.

The ex-*TOWIE* star, 23, who runs her own exercise website, Results With Lucy, posted a picture of herself in a pink dress that showed off her slender frame. She also uploaded a gym selfie in which her waist looked tiny. One fan responded, "Far too skinny!! That's not fit, that's just diet skinny."

Lucy caused further concern by sharing a shot of her dinner, which consisted of fish, cucumber and spinach. She captioned it, "Started a new fitness & nutrition programme! Only allowed protein & anything green!!!"

But her fans weren't impressed. One wrote, "Ridiculous im starving just looking at it," while another added, "You are close to being way to skinny anyway!! Literally you don't



need to restrict yourself more! You are gorgeous and strong as is!!"

Fitness expert Laura Williams, from Laurawilliamsonline.co.uk, told **new!** that 5ft 6in Lucy's harsh diet is unrealistic for most of us. She said, "Daily workouts and a low-carb, high-protein diet aren't achievable for most people. Vegetables with meat or fish is pretty healthy but quite dull too if that's all you have. It's an unrealistic way to live for anyone who doesn't have the incentive of being papped every time they leave the house."

Last week, Lucy addressed the comments, saying, "I'm criticised over the way I look all the time

– on Twitter, people have claimed I'm too skinny in the past." But she's had support from her former *TOWIE* pal Amy Childs, who told us, "She puts a lot of work in at the gym and looks really toned. I also put a lot of work in at the gym but I'll never have a body like Lucy's. I'm much curvier, but still toned."

KATHERINE KELLY

8.5ST

'New mums shouldn't expect to look like her'

MUM-OF-ONE KATHERINE KELLY HAS DEFENDED HER SLIM FIGURE FOR YEARS

– in 2009 she explained to **new!** it was "definitely genetic". But last week the 5ft 7in *Mr Selfridge* actress stepped out looking slimmer than ever, despite giving birth to her daughter Orla – her first child with hubby Ryan Clark – just 16 months ago.

Our expert explained Katherine's trim figure is helped by the fact she didn't gain much weight during her pregnancy, but warned other mums shouldn't expect similar results.

She said, "Mums-to-be who may be motivated by slim celeb mums shouldn't rush to shed their baby weight too quickly after the birth. A strenuous exercise regime combined with calorie restriction just isn't compatible with coping with the demands of a newborn."



Lucy looked skinny in this picture posted on Instagram last week



9ST

Donna looked tiny as she headed to the gym last week

DONNA AIR

'She looks delicate'

WITH HER HAIR SCRAPED BACK, DONNA AIR WAS ALMOST unrecognisable as she headed to the gym last week.

The 5ft 10in former actress, who's dating the Duchess of Cambridge's brother James Middleton, was dressed down in jeans and a tee, but her tiny frame concerned our expert.

"Donna does look a little on the delicate side," Laura told us. "I would guess her weight is around 9st max, which is a bit on the low side for someone of her height. She's clearly very busy and active and has said before she likes running and regular gym sessions, so all these factors combined would explain her appearance."

However, last year Donna, 35, insisted she was "not a big gym person", and claimed she ate plenty. "Sometimes I don't exercise at all," she said, adding, "Sometimes I eat healthily and sometimes I eat lots of ice cream and brownies... I eat out in restaurants a bit too much."

HEIDI KLUM

'Heidi has a low body weight'

HEIDI KLUM SHOWCASED THE BENEFITS OF HER HEALTHY LIFESTYLE LAST WEEK as she

holidayed in Saint-Tropez with her man, Vito Schnabel. But Laura is concerned that the naturally slim model may be taking her exercise regime too far.

She told **new!**, "Heidi's between 8 and 8½st, which is quite a low body weight for her height. Her prominent ribs and collarbone would imply low body fat levels. Heidi doesn't look unhealthy but my concern is what she has to do to maintain such a low body weight."

"Even when blessed with 'good genes' with a long, slim naturally athletic build, Heidi would have to work hard and exercise tremendous discipline around food to maintain that shape, which must be tough as a mum-of-four with a very demanding career."

In the past, 42-year-old Heidi has admitted her metabolism has changed since hitting 40. She said, "If I indulge more, I have to exercise more." She also said she avoided processed carbs.

8ST



Heidi's ribs were protruding during a holiday last week



Fans are concerned Tulisa's taken her weight loss too far

TULISA

8ST

'She shouldn't lose more weight'

WHEN TULISA WAS ARRESTED ON SUSPICION OF SUPPLYING CLASS A DRUGS in 2013 – a charge that was promptly dropped – she threw herself into an intense fitness regime as a distraction. And judging by her petite figure last week, not to mention her recent post-gym selfie, the 5ft 6in star hasn't slowed down.

Tulisa, 27, sparked concern at the Little Mix Black Party in London, where she showcased her tiny frame in a tight red dress. One fan wrote, "Is it me or is Tulisa looking a bit on the skinny side?!!!" Now expert Laura, who says Tulisa is just over 8st, has warned her not to go too far with her weight loss.

She told us, "While I think Tulisa looks healthy, it would be a shame for her to compromise that muscle tone and the curve she has retained by shedding more weight."

Last year, Tulisa revealed she'd become "obsessed" with exercising daily. She said, "I'm working out every day to hone my figure."

WORDS: Julia Brooks, Zara Zubeidi PHOTOS: Rex Shutterstock, Xposurephotos.com *Internet posts are printed exactly as they appear online

PLANET PETE

EVERY WEEK!

Pete opens up about his perfect honeymoon and defends dad dancing...



BACK TO REALITY

Ems and I had a lovely time on our honeymoon last week. We were in the Med, travelling from place to place on a boat. It was just "wow" and the weather was perfect.

It was hard being away from Mills, Junior and Princess but, when we did get 4G, FaceTime was a lifesaver!

The second part of our honeymoon will be later in the year because Ems had to go back to work this week and I'm back in the recording studio.

While we were away, the company

that filmed our wedding, High Head Productions, sent us a ten-minute teaser of our special day. I never thought anyone could film a wedding so well and we can't wait to see all the footage in a few weeks' time – I'd love to share a snippet on Instagram.

By the way, you see the beautiful wedding cake in the photo opposite? It tasted incredible. We'd love to thank Jenny Wells from Edible Essence Cake Art for making it.

DANCEFLOOR DAD

Dad dancing has topped the list of the ten ways parents embarrass their children the most – and I'm not surprised! My kids love my dancing on stage, but if I start doing it in the house they roll their eyes in pure disapproval. I have to confess though, there might have been a couple of dad moves at our wedding, but they didn't come out until late into the night!



NOT ANOTHER BAN!

Brighton could become the first UK city to ban smoking on the beach. If they do, I think they'll be going a step too far. I'm not a smoker myself, but a beach is an open, public place and as long as smokers are mindful of other people, I don't see the need to ban it. Sure, I understand why it's banned in restaurants and bars... but beaches! Really?

DOCTOR IN DISTRESS

Embarrassing Bodies' Dr Christian Jessen has defended himself for messaging a man on a gay dating app and suggesting he join him and his partner at his flat. He also appeared to imply they could take drugs together. Since the story blew up, Dr Christian has said he feels "a bit silly" and insists nothing happened. I don't know the guy, but there are lots of people who are embarrassed about things they've said or done in the past! Let's take a chill pill.



BROTHERLY LOVE

I had so much fun catching up with the Blue lads at the Rochester Castle concert recently. I was headlining and Junior and I caught up with Duncan, Lee, Simon and Antony backstage. We get on so well – they're like brothers to me – and whenever we meet up, it's hugs all round. I had such a great time. Can you tell from this pic of me, Junior and the boys?



PHOTOS: Getty Images, Rex Shutterstock, Wem.com, Xposurephotos.com

NO MORE WHITE WEDDINGS?

Apparently, the traditional "white wedding" is becoming a thing of the past, with fewer than a third of ceremonies now taking place in a church. I think the reason for this is because more and more people from different cultures and different religious backgrounds are marrying each other – which is beautiful! Unless both parties are from the same religion, I guess it's difficult.



MY VIEW ON THE NEWS

I feel pressure to look good

Peter Andre tells us he has to maintain his body so he doesn't look like he's "had it"...

INTERVIEW Olivia Adams

Peter Andre has experienced some serious highs and lows recently. The star married his stunning fiancée Emily MacDonagh on July 11 in a lavish ceremony, but had to postpone their honeymoon to provide evidence in a court case involving his ex-wife Katie Price. Talk about bad timing!

But that's not all. Pete, who shares custody of his son Junior, ten, and daughter Princess, eight, with Katie, has also gone straight back to work, performing at two festivals and fronting Iceland's Christmas event.

We head down to the supermarket chain's festive food launch – yes, in July! – where Pete, dressed in a dark fitted blazer and jeans, is mingling with guests. Despite the turbulent start to his married life, he is the perfect host and warmly invites us to have a chat with him.

Looking bronzed and slim, Pete certainly doesn't look his 42 years and when we tell him this, he tells us he works out so he doesn't look like he's "had it". Far from it, if his recent gym selfies are anything to go by.

The singer, who has an 18-month-old daughter, Amelia, with Emily, 25, also reveals his date night secrets and why he is the better cook in the Andre household...

Hi Pete! You're looking in good nick. Is that why you posted some topless Instagram pics recently?

[Smiles] Those two photos were the first! It's rare that I'll do that kind of selfie, but it was pre-wedding and I felt good. I was pumped!

What's your current workout plan?

I sprint, then walk and repeat. I hadn't done it for years and I just shrunk.

Is there any part of your body you're focusing on improving?

I've worked out what works for me – I just



Emily and Pete got married earlier this month

eat less. It's hard to do sometimes because I love food. I've just had a spoonful of cheesecake and I could have eaten half of it!

Are you strict with your diet?

I generally eat what I want. I don't like diets. I'll just cut down the amount that I eat.

Do you feel pressure to look good?

Yeah, I'm 42 and I don't want to look like I've had it. I want to still be able to play footie with the kids... And I want to look good in a suit. It's important.

Do you work out with Emily?

No, I like working out on my own. If anyone is in the gym with me it's Mills. She dances to MTV while I run. She's so cute.

What do you like doing for date nights?

I like cooking. I always used to go to restaurants but now it's a great feeling trying new dishes at home.

Emily's had a full day at work. What would you cook to impress her?

I love doing linguine and scallops with a creamy, tomato-based sauce. Emily likes it.

Who's the better cook?

Me! She's a great cook, but she doesn't have the confidence. I cook a variety of food that she's too scared to do. So we've done a deal. I cook, she cleans – it's awesome.

What would you choose to eat for your last dinner on Earth?

I'm going to Macker's [McDonald's] and having three cheeseburgers, a Filet-O-Fish, two large fries, a Diet Coke and an apple pie. Then you can take me away.

Pete is brand ambassador for frozen food specialist Iceland and a passionate advocate for the Power Of Frozen. Visit Poweroffrozen.co.uk



GINO: 'EMILY IS TOO BEAUTIFUL FOR PETE!'

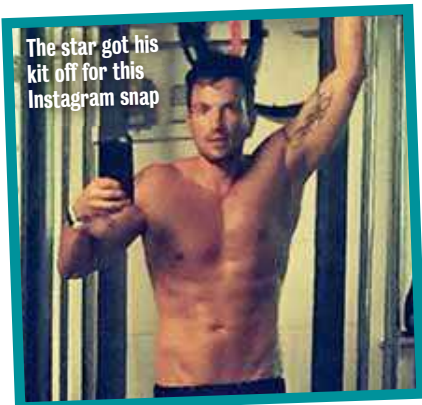
Chef Gino D'Acampo says Pete's lucky to have found Emily...

Gino D'Acampo, 39, was filming *Gino's Italian Escape* in Sardinia when Pete married Emily. But he told us, "Emily looked amazing. She's too beautiful for him, and I told him that. He's a lucky man." Gino was "disappointed" to have work commitments and said Pete told him he'd missed "a brilliant day".



Gino missed Pete's wedding due to work commitments

The star got his kit off for this Instagram snap



Perrie & Jesy's wedding wars!

After her bandmate's surprise engagement, Perrie Edwards is keen to tie the knot...

PERRIE EDWARDS IS UNDER MOUNTING PRESSURE TO TIE THE KNOT WITH long-time fiancé Zayn Malik following her pal Jesy Nelson's recent engagement.

Although the singer has been engaged to Zayn since 2013, they have so far failed to set a date for their big day. But she's now keen to prioritise her nuptials, especially after Jesy's future mother-in-law, *Loose Women* star Coleen Nolan, said last week that Jesy would be "getting straight on to it" and will marry "in the next year or two".

Jesy, 24, was left speechless last week when her boyfriend, Rixton's Jake Roche, popped the question on stage at the Manchester Arena – serenaded by Ed Sheeran, no less.

"I cannot believe what has just happened! The most surreal moment of my life and everyone that I love most was there to share it with us!" she tweeted after the event, adding, "I feel like the luckiest girl in the world rite now literally cannot stop crying! Future Mrs Roche."*

With Jesy now expected to throw herself into wedding preparations, pals say Perrie, 22, is upping her game in a bid to beat her pal to the altar. An insider told **new!**, "Perrie is pestering Zayn as she's determined to walk down the aisle before Jesy. Now that Jesy is getting married to

the race is on. Perrie doesn't want to be left behind."

Despite Perrie getting a two-year head start on Jesy, her commitments with Little Mix seem to have got in the way of her saying "I do". In May – following Zayn's decision to quit One Direction after he was pictured holding hands with *Love Island* star Lauren Richardson in Thailand – Perrie admitted she'd been too "busy" to plan her big day.

"I don't know when the wedding will be," she said. "We're still planning it but I'm so busy... Me and Zayn want it to be perfect, so as soon as I have a bit of time we'll plan it. I doubt it will be this summer, I'll let you know."

But with Jesy now flashing a huge sparkler, it's thought Perrie has changed her tune. "With all the fuss surrounding Jesy, Perrie is now



Jesy flashed her ring on stage last week



Zayn and Perrie are yet to set a date



Jake proposed to Jesy as Ed sang

telling Zayn to get a move on. Seeing Jesy so happy has made her rethink things. Now she can't wait to be a bride," our insider added.

Earlier this month, Zayn and Perrie reportedly spent a whopping £3 million on a six-bedroom love nest

just outside London, sparking rumours their big day was imminent. But it seems it's the prospect of her bandmate Jesy tying the knot that finally gets the wedding wheels in motion for the couple.

Let the race to the altar begin!

LYNN CARRATT

NORMAL LENS

UV LENS

**IF YOU COULD
SEE INSIDE YOUR SKIN
YOU'D PROTECT IT**

**DON'T SCRIMP ON SPF15+
SUNSCREEN WHEN THE
SUN IS STRONG**



Partnering
**CANCER
RESEARCH
UK**

I'll always be there for Cheryl

Kimberley Walsh talks to **new!** about supporting her former bandmates and losing her baby weight...

INTERVIEW Olivia Adams

Kimberley Walsh is relishing life as a domestic goddess. It's a far cry from her wild showbiz partying days with Girls Aloud, but the mum of one can't get enough of changing nappies and quiet nights in front of the telly – which is ideal as her best pal Cheryl Fernandez-Versini will soon be back on screen as an *X Factor* judge!

But the “tame” evenings haven't dulled Kimberley's sparkle – in fact, she recently dyed her hair bubblegum pink! And when we catch up with her, the 33-year-old star is warm and chatty.

Kimberley, who's engaged to long-term partner Justin Scott, 32, has always been proud of her curves. But ten months after the birth of their son, Bobby, she's looking fab and trim, telling us she lost the baby weight gradually and didn't “obsess”.

Her pal Cheryl, 32, recently hit headlines after she was spotted looking worryingly thin at an *X Factor* audition, but Kimberley refuses to comment on it, instead explaining that she sympathises with Cheryl's tiring schedule.

Here, the 2012 *Strictly* finalist also discusses having more babies, wedding planning and persuading her former bandmate Nicola Roberts, 29, to sign up for *Strictly*...



Kimberley and Justin may wed next year



Cheryl, Kimberley and Nicola are still close friends

Hi Kimberley. You look great. How are you feeling about your body?

I'm working out more because Bobby's getting older, so I get more sleep and have more energy to think about working out. I've lost the weight really gradually. I haven't obsessed, so that's good.

When would you like to have more children?

Maybe in another year I'll be ready to go again [laughs]! I'd like there not to be a huge gap between them, but I've still got my hands full.

It took Justin ten years to pop the question.

How long will the engagement last?

Hopefully it won't be another ten years! Justin wants to get married quite quickly – maybe next year we will.

How different is your life now compared to the days of Girls Aloud?

It's definitely not quite as crazy. It would have been hard to have a child in Girls Aloud. I would have felt torn between not wanting to let the girls down and being a good mum, but now he can be the priority.

Cheryl is still very much involved in showbiz – what do you make of the new *X Factor* panel?

It's really good. Nicola and I went to the auditions the other day and the dynamic was brilliant. I love Nick Grimshaw.



The star has her hands full with Bobby



Do you think it's the best line-up to date?

I hope so! Every year you want it to be better than the last.

Cheryl's said she's tired – do you sympathise with that from your time on *Strictly*?

Yeah. Big shows consume you and for that short time it's really intense. Cheryl's like me, she gets her head down and works hard. It looks glamorous and easy but they do work really hard.

Concerns have been raised that Cheryl's too skinny, what do you think?

I'm not commenting. It's nothing to do with me.

Would you help out at judges' houses if Cheryl asked?

She knows I'll always be there to support her if she needs me. We'll see what happens.

Will you be tuning in to watch Sarah Harding on *Coronation Street*?

Definitely. I never used to be in, so I never got into soaps, but maybe now I am I should become a soap addict. I'm so excited to see Sarah. She'll fit in well.

Who'd be your dream contestant on *Strictly*?

I've said to Nicola she should do it, but I don't think she's up for it. She's too cool for *Strictly* but she's a really good dancer. Maybe I'll work on her!

Kimberley opened the *Comfort Intense* garden last week, to launch the new *Comfort Intense* range in four fragrances. Find out more at Comfortintense.com

Charlotte shows off her new curves!

The *Geordie Shore* star displays a fuller figure while enjoying a sunshine break in Ibiza

CHARLOTTE CROSBY GOT INTO THE PARTY SPIRIT on holiday in Ibiza last week and onlookers couldn't help but notice she was looking curvier – and healthier – than she has in recent months.

The fitness-mad reality TV star looked fit and happy as she enjoyed the break, showcasing her new-look body in a one-piece swimsuit that highlighted her toned legs and slightly fuller figure.

Charlotte, 25, famously shed a massive 2st 7lbs in just six months last year, taking her from a size 16 to a size 8 and 8½st. But after posting a super-skinny bikini selfie in March, fans expressed concern that she had taken her weight loss too far.

She later addressed the drama

by controversially hitting back, "I like being called too skinny. It's better than being called too fat!"

But last week, nutritionist Louise Sinniah-Burr told **new!** the 5ft 6in star actually looks healthier now she's gained a bit more weight.

"Charlotte was very small before, which was from her extreme exercise regime and reduced calorie approach," Louise explained. "Now she's at a much healthier body weight and has a female form. She's got some balance back and looks better."

Fitness expert Hannah Rees agrees, saying she believes Charlotte has put on a stone since the selfie. "I'd put her at a healthy 9st judging by these latest pics and estimate she was about 8st in the purple bikini," she said.

Last year, Charlotte felt she had "let herself go" and launched into a new healthy eating and fitness regime, which resulted in her best-selling DVD *3 Minute Belly Blitz*.

"I saw pictures of myself on the beach in a bikini and I literally looked like the Michelin Man," she



Charlotte embraced her curves on holiday in Ibiza



She looked slim in this bikini snap posted in March



Charlotte stripped to promote her new book

said earlier this year. "I felt so sad, just thinking about how I'd let myself go. That was the tipping point."

Charlotte, who is currently loved-up with boyfriend Mitch Jenkins, has had a busy schedule of late. She's been promoting her autobiography, *Me Me Me*, as well as wrapping up filming season 11 of *Geordie Shore* in Greece – which no doubt would have involved plenty of partying and unhealthy eating.

Charlotte has said before she has a weakness for alcohol and junk food, and vowed not to give it up.

In February she revealed, "I still drink, of course. You can't change your whole entire life because you've lost weight." She added, "I'll have McDonald's on a cheat day but I don't have it every day like I used to."

After arriving back from her holiday, the star shared a naked picture on Instagram with copies of her book covering her modesty to celebrate it topping the *Sunday Times* Best Seller List. We're glad to see that a few extra pounds won't stop Charlotte flashing the flesh!

LYNN CARRATT

MAKE



YOUR

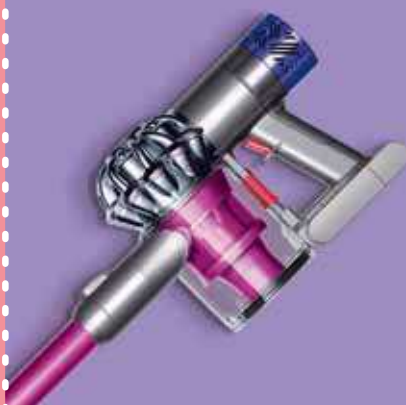


very

HOME



COME



TOGETHER



VERY.CO.UK



EVERY WEEK!

Email me at lauren.goodger@express.co.uk

Lauren

Our columnist ditches her hair extensions and admits she "mothers" boyfriend Jake...



ON THE LOOKOUT

I was training in the park with Jake last week and apparently there was a guy sitting behind me, just watching me do squats. I didn't clock him, but Jake did and shouted over to him, "Oi! What are you doing, mate?!" The guy apologised, but he looked really embarrassed at being caught perving.

I felt a bit awkward, but on the way home Jake told me he felt bad for having a go. It's nice he looks out for me, though. He's never stopped me from going anywhere, wearing anything or doing anything I want, but he's very much like, "You're mine." He's very old-fashioned that way.



HE'S MY BABY

Here are some photos I posted of me enjoying a day out in London with Jake. We went shopping in Harrods then on to the Sanderson Hotel for drinks and dinner. And yes, that is a picture of me kissing Jake's foot. I treat him like my baby – I kiss his nose, his feet, his ears. He said he can't wait for us to have kids so I can mother them and give him a break, ha ha!



SOUND ADVICE

I shared this quote on Instagram last week, but don't worry, it's nothing

to do with me and Jake. I've become a bit of an agony aunt for a couple of my friends who are going through a hard time with guys and life. They know I always give great advice.

When you're settled and happy in your own relationship, it's nice to help your mates. You can't control what a guy – or anyone – thinks of you, you can only control your own feelings.

Be w/ someone who will take care of you. Not materialistically, but take care of ur soul, ur well being, ur heart, & everything that's you.

My make-under

I've had all my hair extensions taken out and gone au naturel. I've had extensions in for so long I wanted to give my hair a rest. It only takes me ten minutes to blow-dry now – it used to take an hour!

I've also had my fake nails taken off. I was sick of the typical Essex look. Jake loves the new me! He said all I need to do now is get rid of the make-up – he says I'm beautiful without it.



JANICE FOR CBB!

I hear former *I'm A Celebrity* star Janice Dickinson is rumoured to be going into the *CBB* house when the new series starts next month. I think she'll be great! I met her four years ago – she's crazy, but very funny! We were on a shoot and she grabbed a piece of chicken and told me, "This is what you need to eat!"

Speaking of *CBB*, former winner Katie Price messaged me last week. It was good to hear from her and we're arranging a night out soon – hopefully!



Lauren's week in numbers

Shopping trips
2

Massages
1

Training sessions
3

Kate & Jamie 'heading for divorce'

After weeks of rumours their marriage is on the rocks, sources say it's now over

KATE MOSS AND JAMIE HINCE ARE "OVER AS A MARRIED COUPLE" and are "preparing to divorce", sources have claimed.

The pair, who have not been seen together since May, have reportedly called time on their marriage after four years.

A source said, "They are properly over as a married couple. Jamie's just waiting for Kate to move forward with divorce proceedings. Neither are in any hurry but they both suspect there won't be a reconciliation."

Kate and Jamie's agent wouldn't comment when approached by **new!** last week.

The supermodel, 41, and Jamie, 46, first faced rumours their marriage was in trouble following Jamie's solo trip to Glastonbury in June, where he parted with pals Lady Mary Charteris and her musician hubby Robbie Furze.

At the time, it was claimed the couple were "barely speaking to each other", something Jamie's pals denied. Further fuel was added when Kate was seen without her husband as she returned to London from a trip abroad on July 15. And on July 2,

Jamie enjoyed a night out at London's Chiltern Firehouse while Kate was at Paris Fashion Week.

Sources said it was Kate's failure to accept Jamie's female friends that finally drove them apart. It was even claimed she once pushed Lady Mary into a swimming pool after seeing her chat to Jamie.

And Alison Mosshart, Jamie's Kills bandmate, apparently never approved of his relationship with Kate.

But those in Kate's camp told **new!** she was trying to save their marriage up until last week, and was planning a trip to Canada, where Jamie's on tour. "She was planning to surprise him," an insider said. "She also wanted them to have some time alone in a place they both love, so they could talk and get back to how things were when they first got together."

Sadly, this doesn't look likely now!

KARMEL DOUGHTY

A source said Kate struggled to accept Jamie's female pals, including Lady Mary

It's claimed Alison didn't approve of the couple's relationship

Insiders said Kate was trying to save her marriage up until last week



THEIR LOVE STORY IN PICS

We take a look at the key moments in their eight-year relationship...

2007

The couple are snapped at the launch of Kate's Topshop Christmas collection at Annabel's in London.



2009

They can't keep their hands off each other at a charity night in London.



2011

Kate and Jamie are happier than ever as they wed at St Peter's Church in Abingdon on July 1.



2012

They put on an amorous display during a holiday in St Barts.



2015

They are seen for the last time during a break in Rome at the end of May.



I wouldn't rule out Lauren as a girlfriend

TOWIE's Dan Edgar tells *new!* how "frustrating" it is that he can't freely date Lauren Pope...

He joined *The Only Way Is Essex* back in February as the hunky new eye candy who was single and ready to mingle. And it wasn't long before Dan Edgar, 25, had caught the eye of some of the show's ladies, including Jess Wright, 29. The pair began casually dating, but Jess broke it off at the end of the last series, saying she didn't want a relationship at the time.

Dan didn't seem too bothered, though, and recently began dating Lauren Pope, 32. But their fledgling relationship hasn't had a smooth run, with the girl pack, led by Jess, accusing Lauren of being disloyal and making her question whether she can continue dating Dan.

When we catch up with Dan at the In The Style summer party, hosted by none other than Lauren, he talks to us about how the girls' behaviour has affected the pair. As Dan proudly looks on, Lauren vows in a plunging yellow blazer and matching trousers, and he adds, "The last thing I want is for her to fall out with the girls. There was nothing really going on with Jess."

Here, Dan reveals his future hopes with Lauren and tells us people are starting to turn their backs on Gemma Collins for good as she continues to cause tensions in Essex...

Have you enjoyed filming this series of the show?

I've really enjoyed it. I feel a lot more comfortable, I've got more involved.

What is it that you like about Lauren?

I just get on really well with her. We have a laugh and I think we're quite similar people.

What first caught your eye about her?

Well, I hadn't properly spoken to her before Marbella. Then we all went out together one night, we had a good laugh and it just went from there.

What's your type?

Lauren is very different to Jess, but I wouldn't say I have a type – they can be blonde or brunette.

What do you make of the girls confronting Lauren over her dating you?

It's frustrating. It's been hard for us and it's not been nice for Lauren.

INTERVIEW Olivia Adams

I feel bad for her. I don't mind if they're like that towards me, but the last thing I want is for her to fall out with them. It's annoying this has happened just because of Jess. There was nothing going on between us.

Are you surprised that it bothered Jess?

Massively. I think a lot of people were. She should have been more honest with me.

What did you make of Pete Wicks and Jess going out on a date?

It was a bit random, I could see from the beginning that it wasn't going to go anywhere.

What will happen with you and Lauren now?

We'll just see how it goes.

Do you want a girlfriend?

I wouldn't rule it out, but I wouldn't say I'm looking for anything too serious at the moment. I don't think Lauren is either.

What do you make of Danielle Armstrong and James Lock's split?

They've been together for a long time. They do bicker. I think they just need some time apart.

What do you make of Verity Chapman's explosive entrance on to the show?

She was just flirting with Lockie and she doesn't know any of the girls and their relationship history.

What about the claims Lockie wanted to take her to bed?

Lockie has got loads of banter. He's always terrorising people, winding them up. I didn't hear him say it, but if he did I think it would have been taken out of



'A lot of people are starting to turn against Gemma'



context. He would have been having a laugh. That's just how he is.

Have people turned against Gemma Collins since she fell out with Lauren, Vas J Morgan and Bobby Norris?

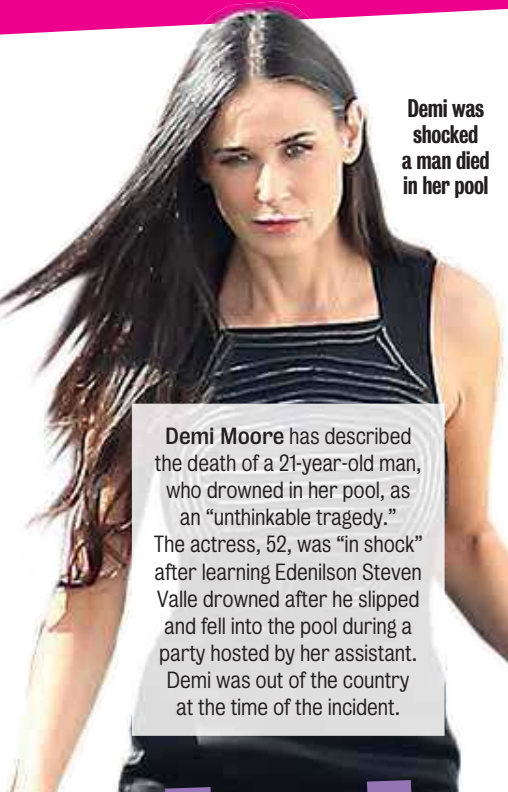
A lot of people are starting to. I feel sorry for Bobby, a lot of the time he doesn't want to get involved. I don't know if they'll ever sort it out between them.

Are you concerned about James Argent staying on the show when he's relapsed?

We all look out for him. I think it would be very hard to go out, be around everyone drinking and not drink yourself. I think he's doing really well. We'll continue to support him.

What's new!

Your weekly celebrity news round-up



Demi was shocked a man died in her pool

Demi Moore has described the death of a 21-year-old man, who drowned in her pool, as an "unthinkable tragedy." The actress, 52, was "in shock" after learning Edenilson Steven Valle drowned after he slipped and fell into the pool during a party hosted by her assistant. Demi was out of the country at the time of the incident.

KYLIE KAUSES KONTROVERSY!

Kylie Jenner has never been a shrinking violet and the *Keeping Up With The Kardashians* star didn't disappoint last week!

The 17 year old was seen grabbing her cleavage in an online video, prompting a backlash from fans. One said, "I wish kylie jenner didnt try to shove her boobs down our throats 24/7 on snapchat."*

The video also led many to speculate she'd had a boob job, but she hit back, saying, "To whoever thinks I had breast implants, there's a whole lot of tape in here holding these up."

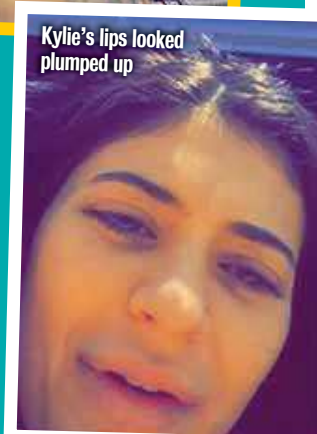
Days later, Kylie appeared on Snapchat with a fuller pout. She admitted to temporary fillers back in May, but they've certainly plumped up since then...



The star posted a video on Snapchat...



Kylie's lips looked plumped up



Jungle Gemma... again!

OMG! Could Gemma Collins be making a return to the jungle? We hope so!

According to reports, the 34-year-old *TOWIE* star has been approached by ITV bosses to appear for a second time on *I'm A Celebrity*, which airs later this year. The reality TV star's previous stint on the show was famously a disaster – she sensationally quit after spending just 72 hours in the Australian jungle.

But show bosses obviously recognised she is TV gold and are said to be desperate to see how she might fare a second time. Gemma, who, according to reports, has turned down *Celebrity Big Brother* this year, hasn't ruled out a return to the jungle. Back in December, she said, "I'd love to go back and do it all again, if I was in the right head space."



Will Gemma give the jungle a second chance?



It's claimed Dan won't be starring on *CBB*

Shamed reality star **Dan Osborne**, 24, was hoping to redeem himself in the upcoming series of *Celebrity Big Brother*. But sources have told **new!** he hasn't made the cut. The star was sacked from *TOWIE* earlier this year after tapes emerged of him threatening to stab his ex-girlfriend Megan Tomlin, mother of his 19-month-old son Teddy. Representatives for Dan and Channel 5 both refused to comment.

Professor Green's close shave with Millie!



Pro posted this picture on Millie's Instagram after she snapped him in bed with their dog (inset)

Prankster **Professor Green** won't be getting an award for "husband of the year" any time soon – he posted a picture of wife **Millie Mackintosh** in the bath last week!

Mills, 26, was caught having a shave when her hubby nicked her phone, took the snap and uploaded it to her one million Instagram followers.

He wrote, "That awkward moment when your husband catches you doing

a spot of hair removal and decides to take a photo on your phone and post it."

Days earlier, Millie shared a snap of her hubby in bed with their dog. Was it payback, Pro?



Happy birthday gorgeous George

The world was treated to another adorable snap of **Prince George** last week, which was released to mark his second birthday.

Kensington Palace tweeted a Mario Testino pic of the little prince grinning in his father's arms during Princess Charlotte's christening earlier this month.

The toddler, who **Prince William** recently described as a "little monkey", turned two on July 22 and celebrated with a family party at Anmer Hall, Kate and Wills' Norfolk home.

Guests included his great grandfather, Prince Philip and 12 toddlers!



George celebrated his second birthday last week

Taylor and Nicki tweet and make up

Taylor Swift was forced to make a grovelling apology last week, following a spat with **Nicki Minaj** over the VMAs nominations.

It began when Nicki, 32, asked on Twitter why her *Anaconda* video didn't receive a nomination in the Video Of The Year and Best Choreography categories at this year's awards – and suggested it was due to not using people with "slim bodies".

Taylor, 25, took offence to the tweet and hit back, "It's unlike you to pit women against each other. Maybe one of the men took your slot."

Katy Perry then waded in, suggesting Taylor was a hypocrite over her comments. Oh dear.

But all was well again when Taylor apologised to Nicki. She wrote, "I thought I was being called out. I missed the point, I misunderstood, then misspoke. I'm sorry, Nicki."



Tension was high between Taylor, Katy and Nicki



McBusted's **Harry Judd**, 29, and his wife **Izzy** are expecting their first baby. The couple, who wed in December 2012, announced the news on Twitter. Congrats!



Danniella Westbrook, 41, has reportedly been offered £200,000 to take part in this year's *Celebrity Big Brother*. It's rumoured the ex-*EastEnders* star will be joined by Gail Porter.



Miley Cyrus, 22, is hosting this year's MTV VMAs in August. She announced the news while dressed up as an alien. No twerking with **Robin Thicke** please, Miley!

GOOD WEEK

Who's on the up and who's going down

BAD WEEK



Jamie Oliver, 40, has been left red-faced after customers eating at his restaurant in Norwich had maggots fall on to their table from the ceiling. Now that's a kitchen nightmare!



Sarah Harding's eagerly awaited debut on *Coronation Street* was panned by some viewers. One fan of the show accused the star, 33, of "ruining" her favourite programme.



Caroline Flack, 35, is said to be "gutted" she won't be jetting around the world for *Judges' Houses* on *The X Factor*. That stage of the show will go out live, so the hosts will remain in the UK studio to oversee everything.

WORDS: Lynn Carratt PHOTOS: Erolime.co.uk, FameFlynet.uk.com, Film Magic, Getty, Mario Testino/ Art Partner via Getty Images, Rex Shutterstock, Xposurephotos.com *Internet posts are printed exactly as they appear online



Vicky

In her first column for **new!**, Vicky insists she didn't turn up drunk for filming...

I'M SO EXCITED!

Everyone's been so positive about my column in **new!** – I'm so excited! For years celebrities have been digging me out and I've kept a dignified silence. Now I have my own platform to have my say. Nobody's safe!



EVERY WEEK!

HOME COMFORTS

I decided to cancel the bootcamp I was supposed to go to last week as I had filming to do. Also, after 12 weeks of working on *Judge Geordie*, I just wanted to spend time with my family.

While I was at home I had my first DermaPen facial with Dr Esho. Kim Kardashian is a fan and it removes all the dead skin cells, pumps your skin full of vitamins and boosts collagen levels. It's a little vibrating pen with tiny needles – it sounds painful but they put a numbing cream on first and there was only a bit of blood spotting. The drilling sound was more off-putting than anything!

I bumped into my *Geordie Shore* pal Sophie Kasaei while I was there. She was having her lips done! Don't worry though – I won't be getting fillers and walking around like Lesley Ash! I like to look good without invasive surgery.



WORKOUT WONDER

My fitness DVD *7 Day Slim* was voted second best in a poll last week, just behind Davina McCall's *7 Minute Fit*. She's such an inspiration to me and I admire everything she's done with her career. My fitness DVD is one of my biggest achievements to date and I still get messages from fans telling me they swear by it.



That's a wrap!

I filmed my final episode of *Judge Geordie* last week and it was really emotional. We revisited some of the stories to see if they'd taken my advice and some really had changed for the better. But some were still knobs, of course! I'd say the best part of it all has been meeting Alex. We speak every day and I couldn't imagine my life without him.

I have a meeting this week with MTV to discuss series two and so far it's looking hopeful – it's been their highest rating show in its time slot to date, so I'm feeling pretty proud of myself!

There was a story last week about Vladimir Wilson, who appeared on *Judge Geordie* for his sex addiction, allegedly faking his £5m lotto win. I can't really say much as MTV is investigating, but I don't care whether he's rich or not, I was more concerned about who he was dipping!



A boozy affair

According to reports, we had to scrap a filming session for *Judge Geordie* last week because I turned up "off my face" on booze. The story was totally exaggerated. I did turn up hungover and it probably wasn't the most professional thing I've ever done, but then I'm not that professional!

I'd been on a night out at Nobu with Casey Batchelor and my co-star Alex Cannon. We were meant to be having a quiet drink, but the next thing I know, I'm five gin and slimline tonics in!

I tried setting Casey up with Alex, but they weren't having any of it. She said he was too young and he said she wasn't his type. Shame, I could've been maid of honour at their wedding!

Casey has briefly met Stevie, the guy I'm seeing, but they didn't get off to the best start. She's very protective and I understand why – I've had such a bad run of relationships. It's so important they get on, though. It does make me think twice if my friend doesn't like a guy.



MARNIE'S CONFESSION

Marnie caused a bit of controversy last week after admitting she'd kicked Ricky in the stomach, which I thought was shocking. When you're putting your life out there, you have a certain responsibility and for them to make light of it hasn't made them out to be great role models. Domestic abuse, a violent relationship – whatever you want to call it – is no laughing matter.



Kyle's not my boyfriend any more

Holly Hagan drops a bombshell about her relationship with Kyle Christie...

Holly Hagan is a woman of many words. While we're always keen to hear what she has to say, when we catch up with the *Geordie Shore* star and she tells us that her co-star Kyle Christie isn't her boyfriend any more, our hearts start to sink.

But, just as we reach for the tissues – they are one of our favourite *GS* couples after all – the 23 year old reveals that although they wouldn't class each other as boyfriend and girlfriend, they *are* still seeing each other. "We were pushed into being boyfriend and girlfriend for the show and it's had a negative effect on our relationship," she says. "We're trying to take it slower." Phew!

Despite her relationship woes, Holly is in a bubbly mood as she chats away to us about her new collection for online fashion hub Lasula. She also opens up about gaining weight and why she's stopped having lip fillers. Over to you, Hol...

Hi Holly! We saw pictures of you and Kyle looking loved-up last week. How are things?

[Laughs] We're OK at the minute. We went through a lot of bad sh*t last series, to the point we ended up not being together any more.

Oh no! Are you back together?

We're seeing each other. We're trying to rebuild our relationship but we've put the boyfriend/girlfriend labels to the side for the minute. It makes no difference to us.

You posted a quote on Instagram saying you don't need a man. Was that a dig at Kyle?

[Laughs] No, it wasn't. He texted us and asked me if it was a dig. I just thought it was hilarious.

Was the pressure of being on the show the biggest problem for you?

Totally. There's a lot of manipulation going on behind the scenes. They just want the best for the series but it means they don't always take into consideration how it affects everyone else.

Will you be watching the new series?

No, it's the first one



Holly has been using a waist-training corset



She's taking things slowly with Kyle

INTERVIEW Karmel Doughty

I won't be watching. It's too raw. We're both trying to get over things that happened, so if I were to watch it, it would bring back the anger and hurt.

Sadly, it doesn't sound like there's a proposal on the cards for you and Kyle at the mo, but were you shocked about Marnie Simpson and Ricky Rayment's engagement?

I saw it coming but personally I wouldn't like to be engaged at that age. It doesn't mean they have to get married straight away.

Do you see it lasting?

I do. I've seen a complete change in Marnie.

How are things with Charlotte Crosby and Mitch Jenkins? When we last spoke to her she sounded reluctant to move in with him down south...

Things are OK at the minute but I think it's nice to keep your base at home. She's very family orientated and I know she wouldn't want to completely leave them and live that far away.

You tweeted pics of your new waist-training corset. How long have you been using it?

I put it on when I remember to – I've got a memory like a goldfish! It slims you down and

I get a bad back so it really helps with my posture too.

Have you noticed a change to your body?

I don't think I'm wearing it enough, but I'd like to wear it properly to see if it does change the shape of my body. My hips are so big it makes my waist look small.

Are you still dieting?

Since we finished filming in Greece I haven't been very strict with my

diet. I've been having a break and relaxing. I'd like to get back on it again and feel healthier, but I'm not putting pressure on myself.

How much weight have you gained?

Four or five pounds.

What size and weight are you?

My jeans are all still a size 10. I'm around 9st 6lbs.

Are you training harder now filming's over?

I'm not the type of girl who loves exercising. I have to push myself into it. I'm always on the go but getting to the gym at the moment is a bit tough.

You've admitted you haven't had lip fillers for a year. Why did you stop?

I just didn't need them. I just use this lip stuff that makes them really plump. I wouldn't say no to having them done again, though.

Congratulations on your Lasula range. How does it feel to see your collection finished?

It's amazing! There's even a Curve range that goes up to a size 28.

Have you got a favourite piece?

There's a grey dress you can wear, like, a hundred different ways. It looks really expensive, too, but it's only £35!

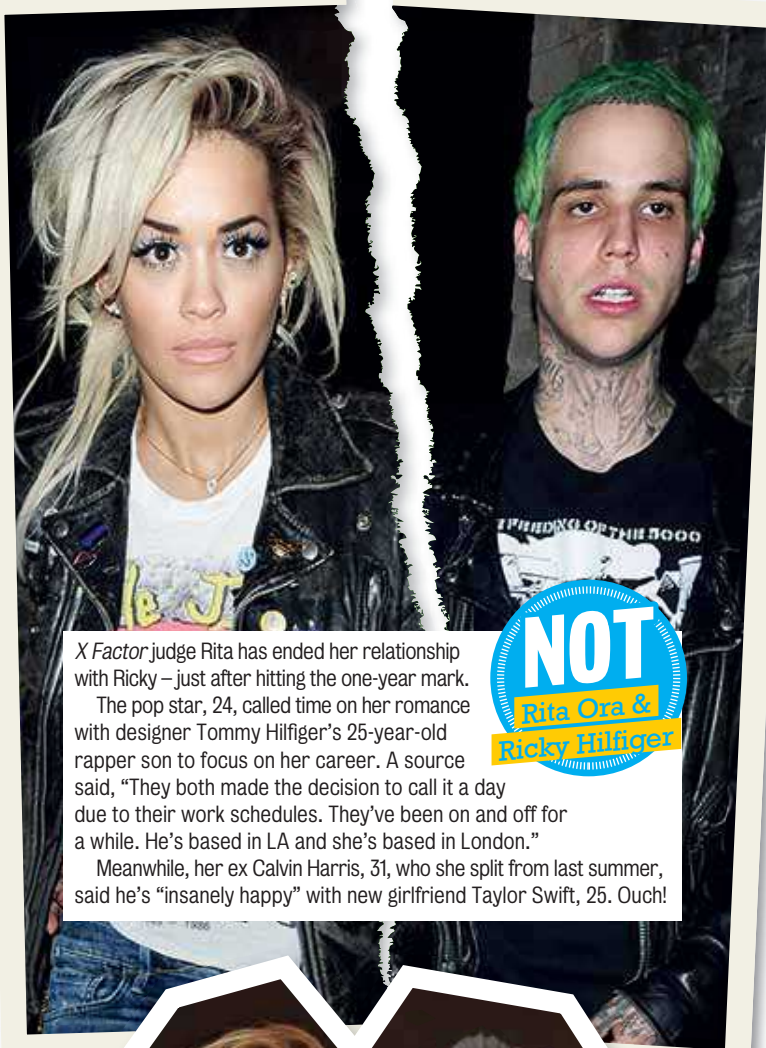
Check out Holly's range at Lasula.co.uk



Holly thinks Ricky and Marnie will go the distance



HOT OR NOT?



X Factor judge Rita has ended her relationship with Ricky – just after hitting the one-year mark.

The pop star, 24, called time on her romance with designer Tommy Hilfiger's 25-year-old rapper son to focus on her career. A source said, "They both made the decision to call it a day due to their work schedules. They've been on and off for a while. He's based in LA and she's based in London."

Meanwhile, her ex Calvin Harris, 31, who she split from last summer, said he's "insanely happy" with new girlfriend Taylor Swift, 25. Ouch!

NOT
Rita Ora &
Ricky Hilfiger



HOT?
Niall Horan &
Raquelle Stevens

We can barely keep track of Niall's rumoured romances since his official split from Australian student Melissa Whitelaw earlier this year, but his latest lover is believed to be LA socialite Raquelle.

The One Direction hottie, 21, was seen looking close to Raquelle during a night out in Malibu, after he was reportedly introduced to her by their mutual pal Selena Gomez.

She caused tension for lovers Nick, 19, and Harry Amelia, 22, in this year's *Big Brother* house. But since the show finished earlier this month, *BB* special guest Nikki, 33, seems intent on keeping young Nick for herself.

Nikki was seen kissing him at a party last week. But when we caught up with Nick and Harry, they were all over each other and Nick insisted, "Me and Nikki are just really good friends. I'm seeing a lot of Harry."

Harry added, "He can't help being beautiful. He can be friends with whoever he likes."



HOT?
Nikki Grahame &
Nick Henderson

HOT?
Kara Tointon &
Matt Johnson

Mr Selfridge star Kara, 31, has reportedly found love with Welsh *This Morning* presenter Matt, 32. The pair were spotted at a west London pub recently and onlookers said, "They looked very close. They held hands as they walked. They looked very loved-up." Kara, who first found fame on *EastEnders*, had a four-year relationship with Russian dancer Artem Chigvintsev, who she was paired with on *Strictly* in 2010. They split in 2014.



NOT?
Katy Perry &
John Mayer

Katy, 30, has reportedly split from her on-off boyfriend John, 37 – for a fourth time! The couple called it quits despite looking happy while celebrating the fourth of July holiday weekend together in Chicago.

The pair first started dating in 2009. Given their relationship history, fingers crossed they'll reunite again soon!

TESCO

Every little helps

For a great day out, visit Tesco.

From zoos to theme parks, get up to 4 times the value of your Clubcard vouchers with over 250 Days Out partners nationwide. Visit tesco.com/clubcard for more details.

Clubcard
Boost





Guest list girls

new!'s Zara, Olivia and Karmel bring you all the gossip

Charlie Condou:
'I'm excited to meet Samia's baby!'

**RUCOMINGOUT.COM
SUMMER PARTY
VAUXHALL, LONDON**

GLG spoke to ex-*Corrie* actor Charlie, 42, who quit the show last summer. He updated us on his pal Samia Ghadie's pregnancy progress, as she's expecting a baby boy with former *Dancing On Ice* star Sylvain Longchambon. "She's very heavily pregnant. It's exciting. I'll go up and see her when the baby's born," he told us.

And speaking about *Corrie* newbie Shayne Ward, he said, "Shayne is a great guy. He'll be perfect for the show. Just because you're a pop star doesn't mean you can't act."

We have to agree!

Charlie is planning to visit his former co-star after the birth



The judges have a giggle at the auditions

**X FACTOR AUDITIONS
WEMBLEY ARENA,
LONDON**

Simon gets cheeky with Cheryl!

Simon Cowell has always enjoyed taking the mickey out of his fellow *X Factor* judges and last week former *Girls Aloud* star Cheryl Fernandez-Versini gave him more than enough ammo.

Sitting in the audience, we watched first hand as Simon mocked his pal after she burnt the sole of her foot by stepping on some hair tongs. Ouch!

Simon, 55, joked to fans, "This girl was told yesterday she could lose a leg and we still don't know if she's going to or not but she's here. A round of

applause please. This is making me quite emotional just seeing what this girl's gone through. The hashtag is 'Pray for Cheryl!'"

Despite sticking her middle finger up at Simon during the auditions the day before, Cheryl, 32, merely rolled her eyes and said, "Simon is a child

in a man's body. I'm absolutely fine now!"

We also bumped into a bleary-eyed Nick Grimshaw, 30, drinking coffee backstage, who told us he had the luxury of – wait for it – a 5.40am lie-in ahead of his Radio 1 Breakfast Show.

Somebody fetch him a refill!



5.40am is a lie-in for Grimmy!

Jamie Laing: 'Eleanor's not happy about Louis' baby'

**FARR FESTIVAL
HERTFORDSHIRE**

We met *MIC*'s Jamie Laing, 26, in the posh (of course) tent area. He was in London for a few days before flying back to LA to continue filming. Describing stateside life, he said, "Everyone is fake. The girls are five out of ten. British people are way better."

Although he's got Jess Woodley after him, Jamie only has eyes for 1D's Louis Tomlinson's

ex, Eleanor Calder. "Jess wants to go out with me. I fancy Eleanor," he grinned.

So is he comforting Eleanor in the wake of Louis' baby news? He replied, "They went out for four and a half years. She's not going to be happy."



With **new!**'s Olivia. Inset: his rumoured love interest Eleanor



Josh hung out with fellow hotties at the bash

Josh parties with the Hot 100

**ATTITUDE MAGAZINE
HOT 100 PARTY
MONDRIAN HOTEL, LONDON**

The hottest men in showbiz celebrated being, er, hot, last week and as ever the awards did not disappoint. Joining the likes of Katie Price and Nikki Grahame were Josh Cuthbert from Union J, Aston Merrygold and Conor Maynard.

Despite usually being surrounded by his bandmates,

Josh took a break from their busy schedule to put in an appearance at the awards, voted for by readers of the gay mag. Even though Josh didn't make the list, he said he had a "top night" at the awards.

Well we think you were robbed, Josh – you're gorgeous!



Conor and Aston both made appearances



GOT ANY GOSSIP? TWEET US!

@KarmelDoughty @ZaraZubeidi
@LivAdams2011

Kim's all boobs and greasy arse!

Ex-*CBB* star Katie Hopkins talks about Kim Kardashian's pregnancy and explains why Katie Price "disappoints" her...

Mouth and filter are two words that don't go together for Katie Hopkins. Since finding fame on the 2007 series of *The Apprentice*, Katie, 40, has become one of the most controversial voices in showbiz.

The married mum-of-three's blunt opinions have stunned and offended in equal measure, but when we – slightly nervously – meet for a chat, she says she "stands by" everything she says.

Having appeared in *Celebrity Big Brother* earlier this year alongside the likes of Katie Price, Katie is now gearing up to host her own show, *If Katie Hopkins Ruled The World*, in which she'll debate with other famous faces about current issues. And that's why we find ourselves in a London hotel with her one sunny afternoon, unsure of what the next half hour will hold!

Surprisingly, Katie, who married her second husband Mark Cross in 2010, is very friendly, sincere, and – yes – honest. Dressed in spring trousers and a white shirt, and slimmer and more feminine than expected, Katie talks celeb mums, cosmetic surgery and this year's *X Factor* panel...

INTERVIEW Olivia Adams

So Katie, first things first – does anything offend you?
I'm impossible to offend.

Have you had any contact with Jordan since *CBB*?

No. Inside the house we didn't speak much because she had no opinions. That was disappointing. She's not my kind of person.

She's a fan of cosmetic surgery. What's your take on it?

I couldn't be bothered. I think that shows! With my girls I always say it doesn't matter what you look like. **You've called Kim Kardashian "one large bottom" – are you excited she's pregnant again?** She's just all boobs and greasy arse. And it's awful that she dresses her kid in leather. Kids shouldn't have their ears pierced until they're a bit more grown up or you end up looking like a crazy family of travellers.

Who do you think is a good celebrity mum role model?

Posh looks like she's doing a good job. She reinvented herself, she's still married to Becks and her children look normal. I'd have a drink with them, if they allowed it [laughs].

And a bad one?

I picked on Natasha Hamilton for being a four-by-four [four children with different fathers] just because



Kim is just one of the celebs Katie has slated



She laid into Natasha for being a "four-by-four"

it made me laugh. I'm not sure if that's a great model to go for.

Have you said anything publicly then apologised privately?

I've never apologised for anything I've said because I mean it and stand by it.

Your Twitter was hacked recently. Were you upset?

I was trying to cook a roast and give everyone a nice Father's

Day while keeping a facade of "everything's fine". But you have to take your hat off to them, it's sophisticated work.

Do you worry it will happen again?

It absolutely could! I could shut up and go away but they're not going to get me that easily.

Does your husband ever win an argument with you?

He's widely known as "lovely Mark". We're so opposite but it

works. I had two children before I met him and he took them on. It's admirable. I'm not sure I could do it.

Will you tune in to *The Apprentice* this year?

I haven't watched it for ages. I preferred it back in my day – it seemed more business-focused with actual grafters. Now it's gone into the performance characters.

What's your opinion on the *X Factor* panel?

Nick Grimshaw and Rita Ora make me feel my age. When they had

Mel B, I still felt part of it because she's feisty and a bit older. I don't get Rita. She was crap on *The Voice*, so how does that make you good for *The X Factor*?

Would you like to be a judge?

Of course, but Simon Cowell said he'd rather cut himself and sit in a bath of vinegar than go anywhere near me [laughs]!

If Katie Hopkins Ruled The World is on every Thursday from August 6 at 10pm on TLC



With Jordan on *CBB* earlier this year



Katie doesn't think Rita belongs on the *X Factor* panel

FROM HOT TO...

Ben Affleck

The stress of separating from wife Jennifer Garner has clearly taken its toll on Ben, 42. The new Batman appears to have gone from superhero to superzero in just a few months. Sad face!

Sean Penn

He's known for being an 80s pin-up but why newly single Sean, 54, is starting to look like he's *in* his eighties is anyone's guess.

Christian Bale

The actor, 41, needs to visit a hairdresser for a spruce up sharpish! His long hair and beard are seriously ageing.

Tom Cruise

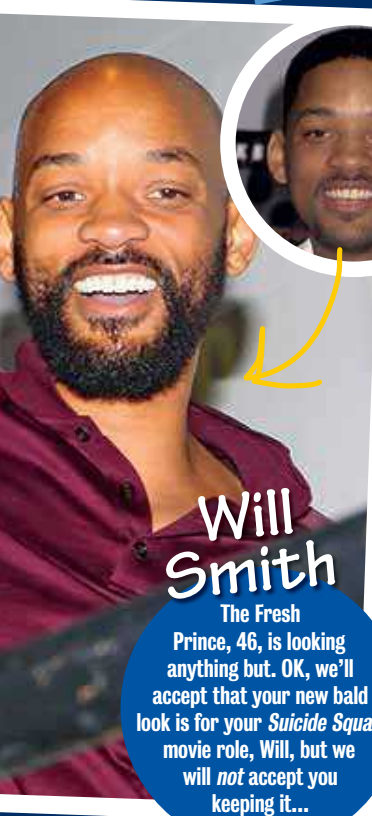
He had us all swooning in *Top Gun*, but it seems holding on to his youthful looks is a *Mission: Impossible* for the 53 year old.

Russell Crowe

The Aussie actor, 51, is less *Gladiator* and more *Gluttiator* these days. Someone please bring back the hunky Russell of old!

ER, WHAT?!

This lot are proof that good looks are fleeting – even for the most handsome A-list boys...



Will Smith

The Fresh Prince, 46, is looking anything but. OK, we'll accept that your new bald look is for your *Suicide Squad* movie role, Will, but we will *not* accept you keeping it...



Shane Warne

Someone should Warne ex-cricketer Shane, 45, that too much filler and Botox is not a good look. But we think he's well past that point now...



Liam Gallagher

Been indulging in *Cigarettes And Alcohol*, Liam? Or is that porky tum a result of new love Debbie Gwyther feeding the 42 year old up?



David Duchovny

With bouffant hair and a belly that's in danger of resembling a pumpkin, the 54 year old is no longer the hunk we loved in *The X Files*.



Leonardo DiCaprio

What's happened to Leo?! Now 40, it seems our teenage crush's looks have gone down with the *Titanic*...





Littlewoods.com

Spread the cost...that's the Littlewoods touch

Credit is provided, subject to status, by Shop Direct Finance Company Limited. Aintree Innovation Centre, Park Lane, Netherton, Bootle, L30 1SL. Authorised and regulated by the Financial Conduct Authority. Goods/services provided by Shop Direct Home Shopping Limited. First Floor, Skyways House, Speke Road, Liverpool, L70 1AB. Over 18's only. 0844 822 8000. Calls made from BT landlines will cost no more than 5p per minute. Charges will vary for calls made via other service providers.

new!



STYLE

This week's hottest fashion and beauty buys



Snap it up!

BIKER JACKET

GOLDIE £89

This fringed jacket is perfect for festivals, or as a stylish cover-up on chilly nights, so no wonder it's at the top of our summer wish list! Style with denim cut-offs and a plain tee and let the jacket take centre stage.

13
more pages
inside

♥ *Chloe Lewis*



**NIGHT OUT
AT THE
SANDERSON
HOTEL**

LONDON, JULY 22

We love this Topshop skirt on the *TOWIE* star, which she's teamed with a cute briefcase and lace-up shoes.

new! LIKES YOUR
style!

We take
a look at
who's wearing
it well this
week

♥ *Suki Waterhouse*



**AMAZON FASHION
PHOTOGRAPHY
STUDIO LAUNCH
PARTY**

LONDON, JULY 23

Suki, 23, looks gorgeous in this quirky belted dress. We love her fab tousled hair and Little Mistress sandals too.



OUT AND ABOUT
NEW YORK, JULY 21
 Olivia, 29, keeps cool in a floaty Stella McCartney maxi skirt, loose blouse and snake-print Pretty Ballerinas pumps, topped off with Dior sunnies.

♥ *Olivia Palermo*



GOOD MORNING AMERICA STUDIOS
NEW YORK, JULY 23

This 60s-inspired Zuhair Murad dress looks great on the 36 year old, who's busy promoting her new flick, *Southpaw*. She completes the look with retro shades.

♥ *Rachel McAdams*

♥ *Cara Delevingne*



PAPER TOWNS PREMIERE
NEW YORK, JULY 21
 The model-turned-actress goes for maximum sparkle on the red carpet as she promotes her new film. Cara, 22, looks dazzling in this Saint Laurent dress and matching metallic sandals.



X FACTOR AUDITIONS
LONDON, JULY 21

The *Xtra Factor* host, 26, proves less is sometimes more in this simple but chic Iris & Ink playsuit. The strappy sandals add to the summery feel.

♥ *Rochelle Humes*



Get the look

Shoes
£65
 Dune

PHOTOS: Barcroft Media, Getty Images, Matrixpictures.co.uk, Splash News

Wardrobe



DIANA VICKERS

THE FOLK JACKET



Zara
£39.99



Glamorous
£36



Lulu Kennedy for
Indigo at Marks &
Spencer £75



Mango
£79.99



Jovonna £75



Mango
£49.99

An embroidered jacket makes a great partner for trusty leather shorts



Hallhuber £89



Boohoo £18



Little Mistress £38



Topshop £70



BILLIE PIPER

WEAR WITH...



Sandals
Office
£62



Sunglasses
Ray-Ban
£98



Garland
Aldo
£12



Bag asos
£40

THE WHITE DRESS

A strong contender for this year's key A-list piece. It'll keep you cool if you're lucky enough to get some sun

headliners

Festival season's not over yet! Enjoy the last few weekenders in style with our A-list line-ups



LAURA WHITMORE



Miss Selfridge
£99

Topshop
£40



Very
£35



Bershka
£39.99



asos
£85

THE SUEDE DRESS

Add some texture to your look with a suede mini dress – a fresh newcomer on the festival fashion circuit



JayLey
£54

River Island
£150



Bershka
£39.99

asos
£60

THE FRINGED CAPE



POPPY DELEVINGNE

Who says cover-ups need to be boring? Stand out from the crowd in one of these fringed numbers



Bandana
asos £6

WEAR WITH...



Wellies
Hunter
£90



Cami
Topshop £22

Shorts Miss Selfridge
£28



Co-ord Boohoo £20



Blouse
Wild Past at
Topshop £40



Cami
Topshop
£45



Bottoms
Topshop
£95



Top Very £22



Shorts Very £27



Crop top
Miss
Selfridge
£25

Skirt Wild Past at Topshop £40



Top Native Rose
at Topshop £48



Skirt Native Rose
at Topshop £45



Skirt Miss
Selfridge £35

THE CO-ORD SET

Festival dressing
requires minimal
effort. Pack a co-ord
for fuss-free style



CRESSIDA BONAS

THE MINI CROSS BODY BAG

Keep your
belongings safe
in a super cool
and practical
cross body
bag. No hands
required –
perfect for
dancing!



Boohoo
£14



M&S £75



asos £30



Zatchels £65



Simply Be £20



DIANE KRUGER



GIGI HADID



JOURDAN DUNN

THE ETHNIC NECKLACE

Don't forget the finishing touches. A dramatic coin necklace gives the wow factor!



MARINA DIAMANDIS

THE PRINTED CATSUIT

They're not for the faint-hearted, but Lycra all-in-ones are always popular on the festival scene



Cap New Era
£30

WEAR WITH...



Sunglasses
Spangled
£36



Choker
Suzywan
Deluxe £20



Trainers
Superga
£50

Get STITCHED

It's all in the detail this summer with these embroidered white pieces...



DOLCE & GABBANA SS15



Accessorize £42



New Look £17.99



Primark £10



Very £39



East £150



Topshop £45



Boohoo £12



Topshop £35



Orelia £37.50

Don't forget your feet...

Very Exclusive £35





Acting fashion
editor Sarah
Loving's top 5
style buys of
the week

HOT LIST

1



Check out these fiery red high-tops by **Oki-Kutsu** at **Office**, **£74.99**. Wear with knee-length skinny denim shorts and a fine-knit sweater for maximum style points!



3

Earrings
Zara **£9.99**

4

Make your outfit shine with this metallic leather backpack, **£80** from **Clarks**.



2



Playsuit
£60

Boots
£89

Gigi Hadid has been snapped up by **Topshop** to front its AW15 campaign and she looks gorgeous. We don't all have model looks but we can definitely steal her style! Our fave piece has to be this faux-fur leopard-print coat, **£89**.

5

Toughen up this cute pink **Mango** dress, **£59.99**, with biker boots or wear with heels for a night on the tiles.



SUMMER DENIM

new!'s fashion team try out this season's hottest trend...

"Denim skirts don't have to be mini. Choose a midi style that will take you into autumn."



JODIE

**FASHION AND
BEAUTY ASSISTANT**

Top Topshop **£26**
skirt Primark **£12**
shoes New Look
£22.99 necklace Diva
at Miss Selfridge
(part of set) **£8.50**
bag New Look **£15.99**

ZOË

**ACTING DEPUTY
FASHION EDITOR**

T-shirt Mango **£9.99** jeans
Topshop **£56** heels Office
£48 necklace Accessorize
£19 watch Zoë's own



"Layer T-shirts and tops under denim for a more casual, daytime feel."



GILLIAN

FASHION STYLIST

Dress asos **£45**
top New Look
£9.99 trainers
Adidas at
Schuh **£65**
earrings Ottoman
Hands **£30**
bag Zara **£39.99**
bracelets Ottoman
Hands **£39 each**
rings Ottoman
Hands **£17 each**

"Jeans work great in the evening too - look for detailing like sequins, print or embellishments."



**Best
of the
rest**



Dungarees
New Look
£29.99

Jacket
Mango **£59.99**



Dress
Dorothy
Perkins
£28



Shorts
Miss Selfridge
£35



T-shirt
Zara **£25.99**

Love it? *Get it!*

Add some
celebrity style to
your wardrobe



WAISTCOAT

PERRIE EDWARDS

The Little Mix singer tops off a monochrome boho look with a studded, tasselled waistcoat, **£50** from asos.



DRESS

VICKY PATTISON

The *Judge Geordie* star opts for bold blooms in this floral skater dress, **£40** from AX Paris.



DRESS

LILAH PARSONS

The presenter teams this lace-trim dress, **£52** from Closet London, with a floral crown for a pretty festival look.



VIRGOS LOUNGE

**20%
OFF**



Terms and conditions:
Discount is only valid on Virgos Lounge products. Discount is not valid in conjunction with any other offers, promotions or sale items. The offer allows the customer 20 per cent off at Virgoslounge.com from July 28 until midnight on August 4, 2015.

**CODE:
NEW20**

new!  STYLE

FASH TALK

WITH

RocheHelle Humes

Blazer
£55

The *Xtra Factor* host talks fashion disasters, inspiration and Cheryl Fernandez-Versini...

Q What's been your worst fashion disaster and are there any trends you'd never wear?

A When I was young, velour tracksuits were in, so that was probably my worst. I avoid harem pants – I've got a bit of a bum so it's not a good look!



Q Would you ever go into designing for men or children?

A Not men but maybe kids one day. I've learned a lot from having a little girl, but I don't know how I'd fit that in at the minute!



Q Who's got the better wardrobe – you or Marvin?

A He actually has more shoes than me. I do clear-outs a lot more than he does. He's more of a hoarder.

Q What's your favourite piece from your new collection?

A It's either my white suit or my long maxi dress [left]. Maxis are really easy to work in the summer and I like the white suit because it has long sleeves – you can't rely on the British summer.



Q Which celebrity would you love to see wearing your collection and who do you take style inspiration from?

A I just love seeing someone walking down the street wearing my collection. I take a lot of inspiration from the catwalks and I love Blake Lively's style.

Q Are you nervous about joining *The Xtra Factor* and has Cheryl Fernandez-Versini given you any advice?

A Not yet, but I probably will be when the live shows start. I just feel lucky. Cheryl's a good friend so she's welcomed me to the team. We feel comfortable that we're both there.



Trousers
£35

1st - 31st July

In-store • Mobile • Online www.healthlottery.co.uk

FOR ONLY **£1** YOU COULD WIN

UP TO

£100,000

PLUS!

For 4 weeks only!

9 Ford Fiestas to be won in July

Purchase a ticket for one of our July £1 draws. Check the raffle code printed on your ticket at healthlottery.co.uk to see if you're a winner!



**PLAY
NOW**



16+

Win on Wednesdays & Saturdays

gambleaware.co.uk

Prize may not be exact model shown. Each payment transaction for a £1 ticket will generate a unique Raffle Draw Code that will be entered into the appropriate Raffle Draw. Where a single transaction is made up of multiple lines, the unique Raffle Draw Code generated shall be applied to each line purchased. This is a free prize draw linked to a lottery and is funded by The Health Lottery ELM. No additional purchase is required. Only players who fail to match 5 numbers from the Wednesday or Saturday £1 draws, shall be eligible for automatic entry into the appropriate Raffle Draw. This promotion will run from 01.07.2015 07:45am - 31.07.2015 07:45pm. Players must be 16 or over. Terms and Conditions, Game Rules and procedures apply. The Health Lottery™ logo is a registered trademark of The Health Lottery Ltd. The Health Lottery scheme manages 51 society lotteries that operate in rotation and each represents a different geographical region of Great Britain. For more details on which society lottery is running each week please visit healthlottery.co.uk or ask your Health Lottery retailer.

Barry M

- ★ Gel shine for up to 10 days
- ★ Cures in natural daylight
- ★ Use your normal remover



£4.99

7 Sunset Gel Nail Paints

Add the Sunset Topcoat



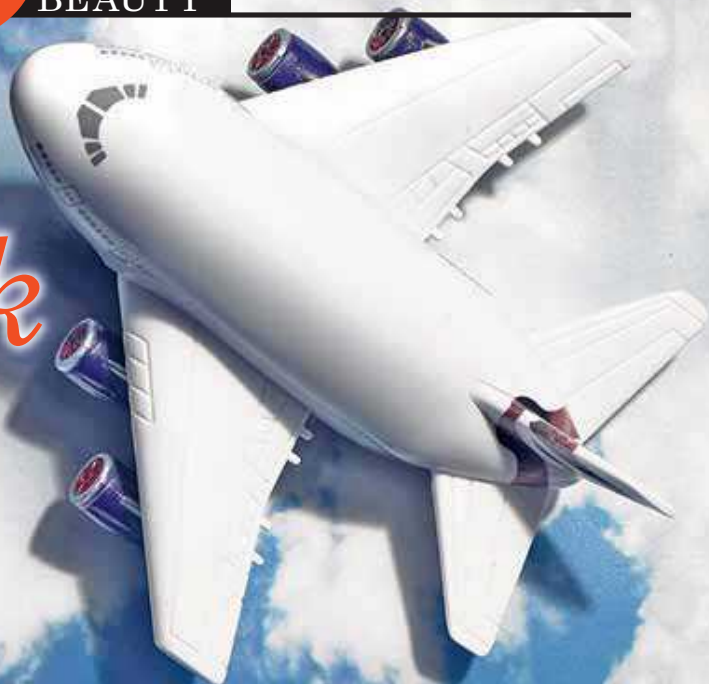
Available at and



barrym.com

Mini-break beauty

Take flight with these essential miniatures



Boots Essentials
Eye Make-up
Remover Pads **£1.50**



This Works In Transit
Skin Defence **£29**



REN Rosa
Centifolia
Cleansing
Gel **£14**



INSIGHT Daily Use
Energizing Shampoo
99p* (plus P&P)



KMS California Moist
Repair Revival Creme **£17.50**
(from the KMS Jet Pack)





Sarah Chapman
Ultimate
Cleanse **£40**
*"In the evening,
I always use
this cleanser
and sometimes
I'll fake tan
with Rodial
or St.Tropez,
especially at this
time of year."*



Papaya Gold
Paw Paw Moisturising
Balm **£5.99**
*"This is a deep and
rich natural product
that fits perfectly in
my handbag. I use
it on my lips, dry
cuticles, elbows and
knees – everywhere!
It also doubles up as
a great highlighter
to keep cheeks
looking dewy,
which I love."*



Elemis Papaya Enzyme Peel **£32**
*"This lifts off all of the
impurities from the day and
leaves my skin feeling great,
without being abrasive. It also
smells so great that you wish
you could eat it!"*

Colgate Max White
Expert White **£5.99**
*"Professional whitening
can be expensive but this
toothpaste can be used at
home and improves the
whiteness of teeth in just
four weeks. It removes
deep stains, ensuring
I have a healthy
confident-looking smile."*



What's in your
beauty bag?

LISA
SNOWDON

The presenter on what
gets her gorgeous

Bella Freud Je t'aime Jane **£75**
*"I love how girly and fresh this
perfume smells. It's perfect for
summer and I always carry
a bottle around with me."*



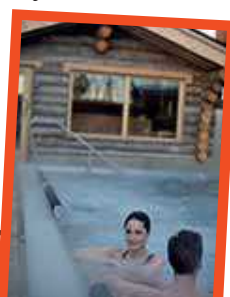
Epsom Salts from **£1.49**
*"These really help with
detox and water retention
and are great before a big
event. Twice a week I run
a bath with them and soak
for at least 20 minutes.
I add half a cup of olive
oil, which nourishes and
moisturises skin."*



WE TRIED NEOM WELLBEING TREATMENT

new!s travel editor Becky Ward enjoyed a personalised spa treatment at the Y Spa, Wyboston Lakes

"Working on the theory that your body will be naturally drawn to what it needs, you're given four scents to choose from, to determine your treatment. My scent of choice was 'invigorating', which meant my pamper consisted of a body scrub and a wrap – and at the end of the hour I felt so energised, I was really impressed. Add to that the amazing outdoor hydrotherapy pool, fab heated waterbeds plus one of the biggest gyms I've ever seen and this spa doesn't disappoint."
■ Time Out breaks from £229 per person based on a two-night stay. Call 0333 700 7667 or visit Wybostonlakes.co.uk to book. GlamGlow facials will also be available soon



NEW!

Compak Pearl

TAMPAX
COMPAK PEARL
ADAPTS
TO YOUR
UNIQUE
SHAPE
FOR LESS LEAKS*



Our only compak that fits your shape
for our #1 in comfort and protection.**

NEW! TAMPAX
Compak PEARL

Outsmart Mother Nature
TAMPAX



*vs. Tampax Compak

**Our #1 combination of Tampax's comfort, protection & discretion

© Procter & Gamble, Inc., 2014

'My boyfriend poisoned me with toilet cleaner'

After Sarah Sutherland split from her boyfriend, she had no idea he'd carry out such unthinkable revenge...



Sarah Sutherland's life with her partner Lee Osler was, for the most part, happy. They had two children, Grace, now six, and Thomas, five, and every day was a whirlwind of nursery drop-offs and child-friendly activities. But after five years together, the couple's relationship ended. The break-up was amicable, but when Sarah started seeing someone else, Lee flipped, furious there was no hope of a reconciliation.

Instead of moving on, Lee, 35, took revenge by poisoning Sarah's drink with bleach. His actions could have killed her.

Now recovering from her ordeal, Sarah, 28, a full-time mum from Hull, tells new! how she's trying to move on with her life...

When I first met Lee Osler, it really was love at first sight. My sister knew him and invited me to his flat for a drink one day in February 2008. He was handsome and shy, but there was a spark between us and soon we were a couple.

At the time, I was working in a canteen and Lee worked in a factory. He was charming and kind and my family agreed he was lovely. We'd only been together a few months when we talked about starting a family. I soon got pregnant and we were thrilled. Lee looked after me as my bump grew, and when our daughter Grace was born in January 2009, it brought Lee to tears.

I'd been living at home with my parents, but after Grace arrived, we moved into Lee's flat, which was over the road. After a while, we realised my mum's place was more child-friendly, so Grace and I moved back. But Lee still came over to visit all the time and, in May 2010, our son Thomas arrived.

Soon after, I was made redundant so I became a full-time mother. We were a close-knit family and the first few years of parenthood were great. Lee and I felt closer than ever.

"If you ever leave me, I'll be heartbroken," Lee would tell me. At the time, I was touched he was so in love with me.

But as time went on, Lee started drinking. At first it wasn't a problem, but then he started buying cans of cider from the shop and I'd find him asleep on the sofa in the afternoon.

I tried nagging him and even threatened to leave, but nothing helped. We had some temporary breaks and I warned him he couldn't

behave like that around the kids. He did keep

promising me he'd change, but after a short time of cutting down on booze, he'd start again. "I'll make things better," he promised.

"I've heard it all before," I said in August 2013. "I can't do this any more. We need to split for good."

It was incredibly sad, but I couldn't see any other way. I was determined to keep things amicable, and things worked for a while. Lee still picked the kids up from nursery and I found a house for me, Grace and Thomas, who were then four and three, so it felt like a fresh start.

But a few months later, I got together with a new partner. Lee was furious, and when I told him my boyfriend was a guy we both knew, things suddenly soured. Looking back, I can see he'd been holding out hope that we'd get back together. "I've got more going for me than him!" he raged.

"Can't you be happy for me?" I begged. But instead Lee, who'd never seemed jealous, started calling me a slut and a slag. He was like a different person. I decided he just needed time and, thankfully, after a few weeks he seemed to calm down. He saw a doctor who referred him for counselling and prescribed antidepressants.

But every time he had a drink, the anger would return. Lee started bringing the kids home late and, eventually, I told him I couldn't see him any more and we arranged that he'd drop the children off with my mum instead.

FRIENDS AGAIN

Things bobbed along OK until one Saturday in January 2014 when we threw Grace a birthday party. Trying to do the right thing, I invited Lee. "I'm going out this evening so I've hired a babysitter," I told him.

"Why don't you cancel her and I'll stay with the kids at yours?" Lee suggested.


"If you're sure?" I replied, happy things were harmonious again.

When I got home at 10.30pm, Lee was watching a football match. "Do you want a nightcap?" I asked. "No thanks, I've got some cans," he replied.

I fixed myself a vodka and Coke, and later made another vodka using orangeade left over from Grace's party as a mixer. "Yuck," I gagged, as the saccharine taste hit my tongue. "That cheap pop is awful." It was so bad I couldn't finish it.

Soon, Lee left and I headed to bed. But the next morning I woke up feeling horrific. My head





Sarah was terrified that she could die as a result of her laced drink

BLEACH: THE DANGERS

Professor Rob Chilcott, head of toxicology at the University Of Hertfordshire, says:

"The active ingredient in bleach is a chemical called hypochlorite. If ingested, this can cause mild to moderate burns to the lining of the mouth and throat, as well as nausea, vomiting and diarrhoea.

"The amount of hypochlorite in household bleach products is relatively small and so rarely causes significant injury.

"In general, treatment will not be required if only small amounts of bleach (eg less than a mouthful) have been drunk and a small glass of milk may provide some relief from any mild burning sensation. For larger volumes, seek medical attention. Never attempt to induce vomiting, as this will do more harm than good."



Sarah ended the relationship with Lee because of his drinking

'HE POURED BLEACH INTO THE VODKA IN MY FRIDGE, MAKING A POTENTIALLY LETHAL COCKTAIL FOR ME TO DRINK'

was throbbing and I had a terrible tummy ache. I couldn't stay off the toilet.

I put it down to a hangover or a tummy bug and, in agony, I took some paracetamol and tried to soldier on. "I'll take the kids out for a bit," offered Lee, when he found out I was feeling poorly.

He picked them up at lunchtime, dashing off with barely a word to me. I ended up staying in bed all day. The following day I still had diarrhoea, but by the Tuesday I finally started to feel better, so my partner came round to see me. But I got the shock of my life when two police officers suddenly turned up.

"We have Lee in custody," they explained. "Last night he admitted to his counsellor that he poisoned your drink with bleach."

"What?" I stammered. I was so gobsmacked I could barely take it all in.

As the full horror of what they were saying hit me, I realised it must have been on Saturday night. "So *that's* why I felt so awful," I said, aghast.

My boyfriend was horrified too, but I insisted we should let the police deal with Lee. After the officers left, I put the kids to bed in a daze, unable to believe what Lee had done to me – his children's mother.

NASTY CHEMICALS

I went to my doctor and she reassured me that, physically at least, there was no permanent damage. But she prescribed some pills to help me sleep.

Following Lee's attempt to poison me, I suffered terrible panic attacks and felt scared to leave the house. I thought about all the nasty chemicals in bleach, which I'd read can be fatal if consumed. The thought that I could have died and left my

gorgeous children without a mum was just too horrific for words. My confidence plummeted.

When Lee came to stand trial, I didn't have to give evidence, thankfully. The court heard that he blamed me for the break-up and was determined to exact revenge, so he poured 10ml of Mr Muscle bleach into the vodka in my fridge, making a potentially lethal cocktail for me to drink.

At Hull Crown Court in November 2014, Lee admitted administering poison with intent to injure and was handed an eight-month sentence, suspended for two years. He was also ordered to attend a "building better relationships" programme and was made the subject of a three-year restraining order banning him from contact with me unless through child and family services.

His parents see the children occasionally, but Lee doesn't. It's heartbreaking when the kids ask, "Why can't we see Daddy?" All I can do is tell them he's been naughty and that they'll see him one day.

Because he was such a great dad before, I'm stunned at what he did. Thinking about it brings me to tears. But I'm still with my partner and I'm due to give birth to my third child any day now, so I'm doing my best to move on. The kids are excited, so I'm hoping it'll be a new start for all of us.

CAROLINE BENJAMIN



©2015 Kellogg Company

LET
SPECIAL K
SURPRISE
YOU
TODAY

Discover our range in store.



Ten Daly



new! Food Celebrity bites

LIZ McCLARNON

Atomic Kitten singer and 2008 *Celebrity MasterChef* winner Liz, 34, tells **new!** about her cheese soufflé disaster and why top chef Heston Blumenthal makes her swoon...

What would you serve to impress your dinner guests?

Some canapés to begin with, then I'd make some cheeky cocktails – because everyone is easier to deal with when they're drunk! For the main course I'd make deconstructed beef Wellington. That was my signature dish when I was on *MasterChef*.



Do you have a favourite restaurant?

I am crazy about Caribbean food at the moment. There's a restaurant chain called Turtle Bay and I love it. And there's a great Caribbean takeaway at the top of my road where I live in London. I go there a lot. They're like, "Hi Liz!"

Are there any foods you dislike?

Celery! I'm also not keen on peppers, but I'm getting better. **Have you had any cooking disasters?** Yes. Once, my ex decided to open the door of the oven

when I was cooking cheese soufflés. It completely ruined them. I had to do the whole recipe again and when he was eating them later, he said, "These taste nice... can you pass me the ketchup?" I went insane!

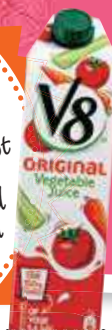
Who's your favourite celebrity chef?

Heston Blumenthal. He's so smooth! I went to one of his dinner parties on his show. He'd broken his hand but still cooked all night!

■ Liz McClarnon is supporting Cancer Research UK's BBQ fundraising campaign. Sign up to be a BBQ hero this July by visiting Cruk.org/BBQ

VEGGIE VICTORY

V8 Vegetable Juice Original contains eight vitamin-packed veggies, including carrot, beetroot and spinach, and is free from artificial flavours, colours and preservatives. A 1 litre carton costs £1.69 in leading supermarkets.



Feta, avocado & peach salad

RECIPE OF THE WEEK

SERVES 4-6

Ready in 30 minutes



This fresh and fruity salad is tasty, healthy and light – and it looks great, too...

INGREDIENTS

4 tbsp olive oil
1 onion, finely chopped
300g bulgur wheat
1 red chilli
150g baby spinach leaves
4 spring onions
30g fresh coriander
Zest and juice of 1 lime
2 red peppers, deseeded and sliced
2 peaches, sliced
1 ripe avocado, stoned and cut into chunks
100g feta, crumbled
Lime wedges, to garnish

METHOD

■ Heat 1 tbsp oil in a pan and cook the onion until softened but not coloured. Add the bulgur wheat and pour on 600ml hot water. Bring to the boil then reduce the heat to a low simmer for 20 minutes. Remove from the heat and set aside.
■ Meanwhile, place the chilli, spinach, spring onion, coriander stalks and leaves (holding back a handful of leaves to garnish) into a food processor with 2 tbsp olive oil and the lime zest. Blitz to a salsa (or finely chop by hand). Stir into the bulgur wheat.
■ On a preheated griddle, cook the peppers and peaches for 5-6 minutes until lightly charred and softened.
■ Arrange the bulgur wheat onto plates and scatter the peaches and peppers on top. Add the avocado and feta. Drizzle on the remaining oil and serve, garnished with a lime wedge.

BAGELS GO SKINNY

More and more of us are getting into sandwich alternatives, and Warburtons is jumping on the bandwagon with the launch of Thin Bagels, which offer the authentic bagel taste and texture but for fewer calories. Available in Plain (120 cals), Cinnamon & Raisin (130 cals) and Sesame (130 cals).

A pack of six pre-sliced bagels costs £1.40.



To order a copy of *Eat Greek For A Week* by Tonia Buxton (£16.99, Blink Publishing) call the Express Bookshop on 01872 562310. Alternatively, send a cheque or postal order, payable to Express Bookshop, to Eat Greek Offer, PO Box 200, Falmouth, Cornwall TR11 4WJ, or order online at Expressbookshop.com. UK delivery is free.



How to be SUN safe

As millions of us flock overseas for some sun and fun, experts are worried we're still not protecting our skin as well as we should...

With summer in full swing, Brits are jetting off on holiday in their droves, desperate to get a *TOWIE*-style golden glow. But although the "wear sunscreen" message has been around for years, experts are concerned that skin cancer is still on the rise. Even in the UK, you don't have to look too far to see many of us are still turning lobster red from sunburn.

Celebs are among the worst culprits when it comes to taking tanning too far. Earlier this month, Lindsay Lohan tweeted a photo of herself with some mean-looking tan lines, while last week singer Sam Smith showed off his "lobster" skin on Instagram.

So how should we protect ourselves? And how do we know which sunscreen will stop us sizzling? **new!** investigates...

A "TSUNAMI OF SKIN CANCER"

These days, most of us are familiar with sunscreens and know a higher sun protection

factor (SPF) offers us more protection from the sun's rays. But every year more than 250,000 new cases of non-melanoma skin cancer – the most common type – are diagnosed in the UK as well as more than 13,000 new cases of melanoma, the most dangerous type. The result is around 2,148 deaths annually.

"We're facing a tsunami of skin cancer," warns Dr Walayat Hussain, spokesperson for the British Association Of Dermatologists. "It's partly due to people travelling more, but also they're more aware and going to their GP sooner. We say check your skin regularly and if in doubt, check it out. Early detection is the key to cure."

HOW DOES SUNSCREEN HELP?

"Sunscreens have been around since the time of the Romans," explains cosmetic dermatologist Dr Rachael Eckel. "Visible sunscreens like zinc oxide are like tiny little rocks in an emollient base that sit on your skin and reflect the sun's rays to protect your skin."

These are associated with that classic white "cricketer face" look and these days we demand more cosmetically acceptable sunscreens, which means chemical sunscreens that aren't visible.

"These work by applying a chemical, such as avobenzone or oxybenzone, to the skin which, when the sun hits, undergoes a chemical reaction that downgrades the sun's rays to something less harmful," says Dr Eckel.

THE MYTH OF THE "SAFE" TAN

The mantra you'll hear from any dermatologist worth their salt is, "There's no such thing as a safe tan!"

"A tan is a sign you've had damage to your skin and your colour-producing cells are trying to prevent further damage to the cells," insists Dr Hussain. "It's a bit like putting an umbrella up when it's already started raining."

Many of us refuse to believe it (Michelle Keegan and Katie Price, we're looking at you!), but experts insist tanned skin simply isn't healthy.

Sunscreen: a user's guide

Buying sunscreen is a challenge (especially if you're frantically choosing a 3-for-2 deal at the airport just before your flight is called!) and using it correctly is a whole other ball game. Here's our stress-free guide to SPF success...

1. SPF SAVVY

SPF stands for sun protection factor and it protects the skin from UVB rays that cause burning. If your skin would take, say, ten minutes to burn in the sun without any sunscreen, then an SPF 10 would give you ten times longer in the sun without burning, while an SPF 30 would allow you 30 times longer.

"The key to the sunscreen game is to find the right SPF and anything above 30 is where you want to be looking," says Dr Eckel.

But no SPF will give you 100 per cent sun protection, so if you're fair-skinned or you're going somewhere hot, bolster your protection by wearing SPF 50 and don't stay out in the sun too long. Wear clothing and a wide-brimmed hat and avoid sun exposure during the hottest part of the day, between 11am and 3pm.

2. UVA AWARE

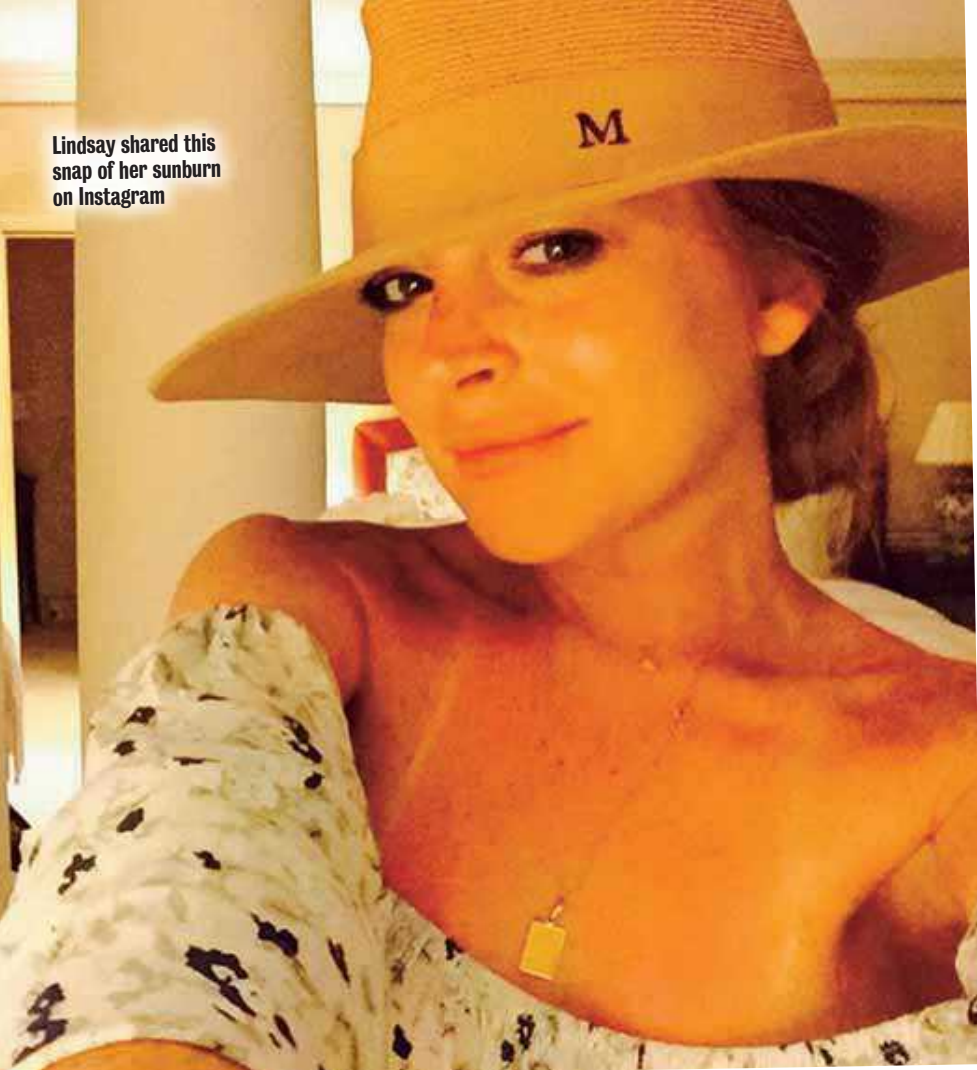
It wasn't until the 80s that we became fully aware of the dangers of UVA rays – the ones that cause the skin to age as well as skin cancer – and realised we need to protect ourselves from those, too. This means using a broad-spectrum sunscreen that covers UVA and UVB.

"No one has agreed internationally on a SPF equivalent rating for UVA protection," says Dr Eckel. "The European Commission has standardised it somewhat, so look for either a five-star approval rating, or a circle with the letters UVA inside, which means a product has UVA coverage that's at least a third of the UVB coverage."

Be sunscreen smart this summer

Lydia Bright looked scorched by the sun

Lindsay shared this snap of her sunburn on Instagram



"On a microscopic level, a tan is the skin screaming that the DNA has been damaged," says Dr Eckel.

As for claims we're at risk of vitamin D deficiency due to a lack of sunny days, experts say we should get our vitamin D from our diet or from supplements rather than from sunshine. And if you want a golden glow, get a spray tan rather than a UVA-induced tan.

WHO'S MOST AT RISK?

Dermatologists say personal factors can increase your risk of skin cancer. "These

include having fair skin or burning easily in the sun, excessive sun exposure (from living or working in the sun, particularly in hot countries), and having a history of malignant melanoma in your family," says Dr Adam Friedmann, consultant dermatologist at The Harley Street Dermatology Clinic. "Other risk factors include having a lot of moles and suffering problems with the immune system or taking immune-suppressing medications."

So what is it that we should be doing to help protect ourselves and stay safe in the sun? Read our users' guide to find out...

3. PRICE TAG

"Expensive sunscreens are no better than cheaper brands, as long as the cheaper brands meet the UVA and UVB criteria," says Dr Hussain.

So while higher end or more technical-sounding products might include sophisticated ingredients – such as antioxidants that can offset some of the damage sun does to your skin – if your budget restricts you to a supermarket's or chemist's own brand, the most important things are the SPF and UVA rating.

4. SLAP IT ON!

"People only put on a half to a third of the recommended sunscreen dosage," explains Dr Eckel. "We need the equivalent of about a golf ball to cover the skin of an average person."

But because people don't like how sunscreen feels – not to mention baulking at the price of it – they don't apply or reapply as much as they should.

5. TIMING IS KEY

"Apply sunscreen 30 minutes before you go out in the sun, and again 30 minutes after, because generally people don't put enough on at first," urges Dr Eckel. "It's crucial to find a formulation you like – spray or a cream – then you'll be more likely to wear it."

Reapply after swimming or if you're sweating a lot, and every two to four hours. As Dr Eckel insists, "By using any sunscreen every day, you've already won!"

"As for labels offering all-day-long protection, that's garbage," he adds. "If a product was protecting and isn't disintegrating because of water and sweat and sun, it would be in every sunscreen!"

CELEBRITY SUNBURN

Even image-obsessed stars can succumb to a tanning fail...

SAM SMITH

"My sun burn is SO BAD Lobster viiiiiiiibes," Sam said on Instagram. "Just had to make this top to give it some air hahhaaaaa."



KELLY OSBOURNE

Serial sunburn offender Kelly Osbourne has posted photos of her scorched skin several times, once using the hashtag #ImSmart!.



HEIDI KLUM

The supermodel posted a risqué pic of her burnt bum and captioned it, "Ouch."



SPENCER MATTHEWS

On a luxury break in St Barts, the *Made In Chelsea* star was seen wincing in pain at the raw-looking sunburn on his belly.



MOLE WATCH

Keeping tabs on any changes to the shape and colour of moles you have on your skin is crucial. "If it is treated early enough, malignant melanoma is curable, so if in doubt, get yourself checked," urges Dr Friedmann.

Here are his top tips on what you should look out for in moles that could be developing into melanoma...

- Rapidly growing or enlarging moles
- Moles that change shape and become irregular or asymmetrical
- Blurring of the borders of a mole
- Changing colour, particularly darkening, or more variations of colour appearing
- Ulceration or bleeding

'I found my long-lost twin... on YouTube!'

Two girls, two countries – and the video that united them after 25 years. Anaïs Bordier tells **new!** the amazing story of how she discovered she had a secret twin sister...

Growing up in France with loving parents, Anaïs Bordier always knew she'd been adopted after being born to a single mum in South Korea. At 25, and in her final year studying fashion design in London, she was happy, successful and loving her city life.

Then she found out something incredible. After a friend chanced upon a puzzling YouTube video, Anaïs discovered she had an identical twin sister. Unbeknown to Anaïs, Samantha Futerman had grown up in the US, also oblivious to the fact she had a sibling.

Here, Anaïs, 27, a handbag designer from Paris, tells **new!** how luck stepped in and brought her and her twin back together...



Anaïs first saw her twin Samantha in a YouTube video (left)



Standing in the corridor, just feet away from someone I was desperate to meet, my heart was thumping. For weeks we'd been texting, Skyping and Facebook messaging, my heart leaping every time my phone beeped.

It was like the most important blind date of all time, except it wasn't with a guy. At the age of 25, I was meeting my twin sister for the first time.

I always knew I was adopted. I was born in South Korea to a single mum and had no siblings. My adoptive parents, Jacques and Patricia Bordier, who worked at a leather company, took me in three months later. The three of us lived happily in Paris and Brussels.

It was difficult when children asked why I didn't look like my

parents, but I'd just tell them I was adopted. "You're the child we always wanted," my parents said.

I didn't know my birth mother's name or have any pictures. Sometimes I wondered if she was married, or even still alive.

At 22, after university in Paris, I moved to London to study fashion design and shared a flat with a French friend. While in my final year, in December 2012, I was on the bus in London, coming back from fabric shopping, when my phone beeped. My university friend Kelsang had tagged me in a YouTube video on Facebook.

It was a comedy sketch showing a girl who looked *exactly* like me, talking in an American accent. My mind was all over the place. "I can't

remember making this," I thought. "I must have been drunk."

As I peered closer, I realised the girl in the video had my face, my hair and my freckles... but it wasn't me! "What's going on?" I thought, my heart racing.

Kelsang had been looking on YouTube and stumbled upon the video. He thought it was peculiar that there was this girl who was my doppelgänger.

A week later, back home in Paris for Christmas, I showed two pictures to my parents – one of me, one of this girl. "That's funny," said Mum. "But in pictures people can look like anyone."

Even so, I'd never seen anyone who looked so similar to me. I tried desperately to find this mystery

girl, but there was no name or contact details alongside the video.

Then, in February 2013, Kelsang dropped another bombshell. "I've seen that girl again," he said. "She's in a trailer for a movie called *21 And Over*!" Grabbing my phone, I found the clip. Then I went straight on the online movie database IMDb and scrolled down to find her in the cast list photos. There it was. Her name was Samantha Futerman.

MYSTERY GIRL

I Googled her and suddenly it was all there. Samantha was born on November 19, 1987, the same day as me, and she was adopted from Korea. In shock, I called home.

"That girl has the same birthday as me and she's adopted!" I babbled



Anaïs contacted her sister on Facebook (below)



Hey,
My name is Anaïs, I am french and live in London,
About 2 months ago, my friend was watching one of your videos with Kevjumba on youtube, and he saw you and thought that we looked really similar... like... VERY REALLY SIMILAR....we were making jokes about it etc. (I'm always being violent with people and hitting them too hahaha)
Today, he saw the trailer of 21 & over and told me he saw you again, I then checked your name on the cast, stalked you A BIT, and found out you were born the 19th of november 1987

to Mum. Then she said the words I'd been both hoping for and fearing. "Could she be your twin?" she asked. "Of course!" I said.

Back home, I found Samantha on Facebook and sent her a message explaining what had happened. I signed off, "Let me know... don't freak out... Lots of love, Anaïs."

Clicking "send" felt crazy. That night, I found out everything I could about her. One of her YouTube videos was entitled, "How it feels to be adopted." Again, my heart was hammering.

The following afternoon, a friend suggested we send her a tweet, telling her to check her Facebook messages. I did, and seconds later she replied. "This is so weird,"

she wrote. "Could we be twins?"

When she sent a picture of her adoption records, they had the same birthday and birth city as mine. I started jumping around the room like a crazy person. We messaged constantly for a week, sharing details about our families and where we grew up. I wanted to know everything about her.

A week later, we Skyped for the first time. When the video call connected, I couldn't keep the smile off my face. We were so alike, even our gestures – the way we rolled our eyes and used our hands. Three hours later, we said goodbye and I lay

in bed, overwhelmed with happiness. I felt complete.

We knew we wanted to meet, so we decided she'd come to London for my graduate fashion show. Since Sam was in the film industry, she suggested making a documentary about our story. She started fundraising and recorded our Skype conversations. We also found a doctor in America who specialised in twins separated at birth. So we both swabbed our mouths and sent the samples to the lab for a DNA test.

FINALLY REUNITED

Three months after our first Skype conversation, in May 2013, Samantha boarded a plane to the UK. Both our families were incredibly excited for us, so they came too.

Sam and her friends making the documentary had rented a flat in east London where we would meet. As I pushed open the door, I felt faint. But then I saw Samantha across the room and slowly moved towards her.

Surrounded by people, we couldn't stop staring at each other. It was like she was my mirror. Then I poked her gently in the head and we both started laughing.

We had lunch and chatted. It sounds weird, but after we'd eaten we took a nap together in the flat where Sam was staying. Seeing my identical twin sister across the bed felt so normal that my anxiety just melted away.

We didn't stop talking all week and I was amazed how similar we were. We wore the same colour nail polish and both hated cooked carrots. The list went on.

That day, we Skyped the doctor in America. When she said, "Turn and hug your identical twin," Sam fell off her chair.

As we giggled with the exact same laugh, I realised I'd never felt happier.

Watching Sam leave seven days later was really difficult, but I visited her in Los Angeles months later and we went to South Korea together, for a conference by the International Korean Adoptee Associations.

It's so exciting to have our documentary, *Twinsters*, out soon, to help tell our incredible story. Anything can happen in this life. We're proof of that!

KATE GRAHAM

For details of Anaïs and Samantha's documentary, visit Twinstersmovie.com

Anaïs and Samantha in South Korea



'IT WAS LIKE FALLING IN LOVE!'

Anaïs's twin, Samantha Futerman, 27, an actress from Los Angeles, says:

"I'd been getting ready for a film premiere when Anaïs's message appeared. I thought, 'Oh man, some weird person's got hold of a photo of me,' then I realised she had my birthday. As I saw picture after picture of her, I thought, 'Oh my gosh, is this really happening?' But I was more elated than scared.

Later, on Skype, I stared at my own face thousands of miles away and heard my own laugh coming from someone else's mouth. I went nuts laughing, too.

Growing up with my brothers, Andrew, 29, and Matt, 33, I never felt like I was missing something. When I told my parents, Jackie and Judd, about Anaïs, they were cautious – until I showed them her baby photos.

Those first months talking to Anaïs were like falling in love. When we first met, we were like polarised magnets – when we got too close we couldn't touch each other. But when we finally hugged two days later it felt wonderful.

Now we talk, text, email and Skype every day. I tell her everything! We have a similar sense of style and humour, and when we met we'd both just ended long-distance relationships. Our sleeping habits and what we eat are the same, but my sister hates how I eat with my elbows on the table!

We've had such an amazing time together. We tried to look for our birth mother on our trip to Korea, but had no success. All we can do is wait and see.

If my friends weren't obsessed with YouTube or if I hadn't become an actor, we might never have found each other. But everything lined up perfectly."

NEW



**MMMM... DELICIOUS
AND 99 CALORIES**

Denise Welch

The actress and former *Loose Women* star, 57, loves a bowl of her hubby's pasta with crispy bacon and melted cheese...

HEIGHT: 5FT 4IN
WEIGHT: 9ST 10LBS
DRESS SIZE: 12

We know you're working out at the moment – what's your exercise plan?

I find it hard to get the motivation going – this is a lazy bird talking! – so my husband Lincoln and I both have trainers. I work out in the gym three times a week doing interval training with hand weights and cardio.

Your diet sounds pretty healthy, but what do you enjoy on a cheat day?

I don't do this very often, but I have pepperoni pizza and a really big bowl of pasta, crispy bacon and melted cheese that Lincoln makes me. He brings it to me on my settee when I'm watching rubbish TV! I like fruit and nut chocolate, too. I put on over 2st when I gave up drinking [in 2012] and all the sugar that had vanished from my veins needed to be filled up again, so Lincoln and I – who had also stopped drinking – acquired a massive sweet tooth. We had to nip it in the bud.

How do you celebrate now you don't drink?

Giving up alcohol is the best thing I've ever done, but sparkling water does get boring when you go out. Some places do nice ginger beer, so Lincoln and I drink that. But if we're in a cocktail bar they'll always have a virgin cocktail on offer.

What's your favourite part of your body?

My shoulders. I like dresses that are off the shoulder and I'm currently working on my arms. Millions of years ago when I was in *Corrie* I used to wear sleeveless dresses and everyone used to comment on my arms looking toned, so I want to keep them that way. I want to know I can wave to someone across the road without knocking three children over with my underarms!

We're sure that won't happen! What's your least favourite part?

My lower tummy. I've had two children and it takes an awful lot of work for my tummy muscles to strengthen. I find it a bit frustrating, but I don't think I'm doing too badly!

Denise is an ambassador for LighterLife. Having lost weight on the LighterLife Total programme she now uses the LighterLife Fast® plan to keep her weight in check. See Lighterlife.com



MY DIET SECRETS

My food diary

BREAKFAST

"Lincoln made me a three-egg cheese and mushroom omelette, which I had with coffee. I drink about seven cups of instant coffee throughout the day."

NUTRITION CONSULTANT IAN MARBER SAYS, "This is a high-protein, high-fat breakfast – enjoy the eggs but go easy on the cheese. The upper limit for caffeine intake is 400mg a day, but at 100mg a cup, Denise is having 700mg. This can affect sleep and stress levels."



**325
kcal**

LUNCH

"I brought a LighterLife nut fudge bar with me while I was on the go. It has all the nutrients in it. I'm not very good at drinking water, but I do have about three pints a day."

IAN SAYS, "The fudge bar is OK, but an apple and a handful of almonds is just as good. Three pints of water a day is fine, but remember that all liquids count towards overall hydration."



**175
kcal**

SNACKS

"I sometimes miss out on my five-a-day, so I'm into juicing. Today I had one with kale, spinach, a banana, raspberries, blackberries, flax seeds, water, and an Actimel yoghurt."

IAN SAYS, "Juices count only as one or two of your five-a-day as they lack fibre, even if they are bursting with nutrients. Adding flax is a great way to get protein and some omega-3 fats."



**258
kcal**

DINNER

"I had fillet steak with broccoli and spinach. I'm trying not to have too many carbs but, as I'm working out, my trainer tells me I must, so I had some brown rice too."

IAN SAYS, "Steak is a good source of iron, which will help keep energy levels going. Having carbs is all very well, but Denise needs them during the day, not at night – so maybe have a slice of toast with breakfast rather than rice later on."



**585
kcal**



DENISE'S TOTAL:

Fat 54g | Carbs 85g | Protein 106g | Kcal 1,343

IAN'S TOTAL:

Fat 56g | Carbs 91g | Protein 105g | Kcal 1,360

Follow Ian Marber on Twitter @IanMarber

new! Travel *Sun, sea and stars*

We follow the celebs to their favourite holiday spots

KALKAN, TURKEY

The historic town of Kalkan in the south east of Turkey sits on the Lycian coast, which is dubbed the Turquoise Coast thanks to its gorgeous blue waters, stunning beaches and unspoilt scenery. Celeb visitors over the years have included Myleene Klass, Princess Beatrice and comedian Miranda Hart.

WHERE TO STAY: We stayed at the Kalkan Residency, which is a ten-15 minute walk away from the town centre. It boasts an amazing freshwater pool with sea views, a tranquil spa where you can indulge in a massage or a Turkish bath, and a games area with table tennis and board games. A buffet breakfast is served on the terrace, which overlooks the ocean and mountains, while lunch is served around the pool area. The food at the restaurant is delicious and all sourced from the hotel owner's farm. The Turkish barbecue is a must!

WHAT TO DO: As part of our package at the Regency, we enjoyed a lazy day



Myleene Klass has stayed in Kalkan

on its traditional Turkish sailing boat, which stopped off at three pretty locations around the bay. Boat trips can also be organised from the harbour. We went shopping for presents in the local market, but real bargain hunters should head to the bigger Fethiye market, 90 minutes away by coach. Kas, a picturesque fishing town nearby, is also worth a visit, as is Patara beach, which offers 18km of gorgeous white sand.

HOW TO BOOK:

Exclusive Escapes (Exclusive escapes.co.uk, 020 8605 3500) offers seven nights' B&B in one of its plush new Regency suites – complete with king-size bed, bright and spacious lounge and two balconies – from £1,350 per person, or £900 for a standard room, including flights, transfers and a gulet cruise.

The breathtaking view from the pool

You can explore the coast on a gulet cruise

IBIZA

Ibiza is known worldwide for its clubbing scene as well as its live music nights, and the stars flock there both to perform and to party. The likes of Jake Bugg, Ellie Goulding and Dizzee Rascal have all taken to the stage at Ibiza Rocks, while everyone from Kate Moss and Katie Price to Kim Kardashian and Kate Hudson has been spotted enjoying a break on the sun-kissed island.

WHERE TO STAY: We stayed at Sa Calenta Villa, close to Ibiza Town, which was the perfect spot for some R&R in between hitting the nightlife, restaurants and beaches. It has spacious rooms, a big swimming pool, a fully equipped kitchen and an outdoor barbecue, and can sleep up to 11 people, so it's a great choice if you're travelling with a group of friends. Prices start from £2,000 for a week. See Together.travel/ibiza-villas/villas/sa-calenta-villa for more info.

WHAT TO DO: We headed to Ocean Beach Ibiza, where we



Kate Hudson loves Ibiza



Join the party crowd at Ocean Beach Ibiza

enjoyed delicious cocktails and tasty canapés as the DJ entertained the crowd. It's definitely Ibiza's best daytime party. Back at the villa, Blowout Ibiza's mobile make-up artists and hair stylists glammed us up for our night out at superclub Pacha. (Hairstyling starts from £21. See Blowoutibiza.com.) We also had a fab day at open-air club The Zoo Project, first stopping off at bodypainting shop Kiss My Fairy to make sure we looked the part. Away from the party scene, Ibiza has some fab fine dining

options too. Bambuddah serves up delicious Asian Fusion cuisine – make sure you try the black cod! – while Ibiza Rocks House at Pikes Hotel's Room 39 restaurant offers tasty classic Mediterranean dishes.

HOW TO BOOK: Together Week Ibiza is the ultimate Ibiza package, combining premium accommodation with a packed week of events, including club entry, pool and boat parties. Visit Together.travel/together-week/ibiza for more details, and Cheapflights.co.uk for flight deals.

The Algarve is famous for its stunning beaches

THE ALGARVE

With more than 300 days of sunshine each year, gorgeous sandy beaches and turquoise seas, it's no surprise the Algarve is a popular holiday destination for us Brits. And it's a big hit with the stars too. Marvin and Rochelle Humes honeymooned there, while Michelle Heaton and Pixie Lott are recent visitors. Rachel Stevens has also been spotted in Portugal's southernmost region.

WHERE TO STAY: We stayed at the Holiday Inn in Armação de Pêra, which is right beside the sea – you can even hear the waves from your balcony at night. The restaurant has fabulous sea views and the pool is virtually on the beach. As we'd opted for full board, we got to enjoy a full fry-up every morning, while in the evening we feasted on the buffet at the Por do Sol restaurant. We also treated ourselves to a bit of pampering at the spa in the hotel. A 30-minute back massage was only £22.

WHAT TO DO: Behind the hotel, you'll find fishermen's boats that will take you on a tour to see the caves along the coast. The trip costs £14 and lasts just over an hour, and it's worth every penny – the scenery is simply stunning.



Rochelle and Marvin honeymooned here



The Holiday Inn is right by the sea

We also took a taxi to the Quinta dos Vales winery and art centre, 14km from the hotel, where you can find gardens filled with colourful sculptures and indulge in some wine tasting (see Quintadosvales.eu).

HOW TO BOOK: Return flights to Faro start from £72.98. See Monarch.co.uk. Book your accommodation at Hialgarve.com, from £97 per night. For more information on the region, go to Visitalgarve.pt.

There are plenty of good restaurants in the harbour



GOZO

Kempinski Hotel San Lawrenz is the perfect holiday hideaway



This pretty Maltese island is small, rural and tranquil, which may be why it's attracted the likes of *Thor* actor Chris Hemsworth and Hollywood stars Brad Pitt and Angelina Jolie, who filmed their big screen drama *By The Sea* there last summer. What better way to escape the hustle and bustle of the celeb life?

WHERE TO STAY: We stayed at the exclusive Kempinski Hotel San Lawrenz, which boasts three restaurants and three bars. The outdoor terrace overlooks the sea and is the perfect place to indulge in a couple of cocktails. There are also three outdoor pools, two heated indoor pools and a Jacuzzi, with a wide range of treatments on offer at the spa

and Ayurveda Centre. The spa has a hammam, a steam bath, a gym and two squash and tennis courts.

WHAT TO DO: Take a boat trip to the picturesque Blue Lagoon, just off the coast of neighbouring island Comino. It's the ideal place to sunbathe, dive and snorkel. We also had a great afternoon of wine tasting at Ta' Mena Estate (Tamena-gozo.com).



Brad and Ange used Gozo as a filming location

We had some fabulous fresh seafood at the Zafiro Restaurant in Xlendi Bay, while the Porto Vecchio Restaurant is right on the water's edge and serves delicious

Mediterranean cuisine. Gozo also has various historical sites and Ggantija, the oldest free-standing temples in the world, are definitely worth a look.

HOW TO BOOK: Book a room at Kempinski-gozo.com, from £95 per night B&B. Air Malta (Airmalta.com) offers flights from the UK to Malta's main island from £75 one way. Gozo is a 25-minute ferry ride away. For more on Malta, see Visitmalta.com.

BACK TO SCHOOL
FEELING LIKE
CHAMPIONS
THAT'S THE
LITTLEWOODS TOUCH



Find everything you need for back to school at **Littlewoods.com**

IT MAY BE JUST THE START OF THE SUMMER HOLIDAYS BUT EVERY MUM KNOWS JUST HOW FAST IT GOES, SO STAY ONE STEP AHEAD AND GET THE ANNUAL SCHOOL SHOP OVER AND DONE WITH EARLIER.

The best part is you can do it all without leaving the comfort of your home, because you can find everything you need online at Littlewoods.com.

The online department store not only stocks an extensive collection of trendy childrenswear, but they have a huge range of uniform essentials and must-have brands of coats and shoes.

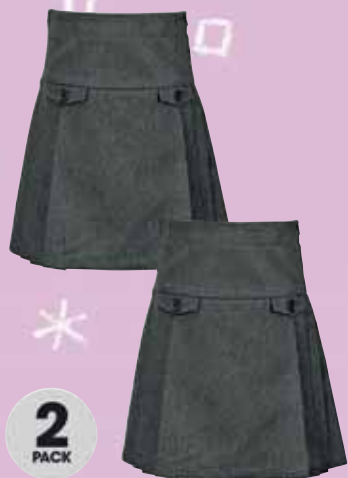
Brighten up their day by getting them a lunchbox or stationary set with their favourite Disney characters, or if you're looking to get them something extra special, you'll even find

bags and pencil cases that be personalised with their name.

With a variety of payment options so you can spread the cost, you can avoid the high street crowds and stay prepared. Best of all, everything comes with free delivery and free returns too.

Make sure your little one is dressed for success for the new term and visit Littlewoods.com now.

Advertisement Feature



Top Class Girls Kilt Skirt (2 Pack)
from £15, Item number: 43VGJ



Bench Bubble Jacket, £57
Item number: 667UE



Top Class Girls School Uniform Cotton
Rich Cardigans (2 Pack), £18.50,
Item number: B2053



Top Class Cargo Trousers
(2 Pack), from £17 to £21,
Item number: 443LC



Disney Frozen
Lunch Bag and
Bottle
Set, £19,
Item number:
6DLXG



Disney Princess Book Bag, £7,
Item number 4EQHF

Minions
Back
Pack and
Umbrella
Set, £19,
Item number:
6DJ3A



Kickers Girls Kick Patent
T-bar Shoes, from £51 to £63,
Item number: 3A7Y4



Skechers Boys Diameter Memory
Foam Landon Shoes, £38,
Item number: 66GUT

Boys Short
Sleeve
School Shirts
(3 Pack),
from £5
to £14.50,
Item number:
37N3E



Converse Boys Core
Backpack, £25,
Item number: 6DL6W

Mission: Impossible Rogue Nation

Film of the week

CERTIFICATE: 12A **DIRECTOR:** Christopher McQuarrie
STARRING: Tom Cruise, Simon Pegg, Rebecca Ferguson, Alec Baldwin and Jeremy Renner

What's it all about?

Ethan Hunt (Cruise) is forced to go rogue after he and the rest of the IMF team are ordered to disband after being blamed for destroying the Kremlin. Hunt then becomes embroiled in another impossible mission – to save the world from a new terrorist organisation called The Syndicate.

What's good?

This film has got it all as far as action is concerned – high-speed motorbike chases, jumping onto planes mid-take-off and stealing people's identities. A lot of the film takes place in London, too, so it's fun spotting familiar scenery. And Simon Pegg's character, Benji, has some hilarious lines.

What's bad?

Some scenes are slightly too far-fetched for even the most vivid imaginations and occasionally the really dramatic scenes are on the cheesy side.

new! **VERDICT:** It's no James Bond but this is still a decent throwaway action flick! ★★★



OUR PICK OF RECENT RELEASES



1. Minions (U)

The loveable little yellow fellows get their own movie, in which they're recruited by the villainous Scarlet Overkill to help her take over the world. ★★★★★



2. Inside Out (PG)

Expect to have your funny bone tickled and your heartstrings tugged by this eye-popping animation about a little girl's competing emotions. ★★★★★



3. Southpaw (15)

Jake Gyllenhaal is brilliant as a boxing champ who seems to have it all until tragedy strikes. Rachel McAdams also stars and Rita Ora makes a cameo! ★★★★★



4. Ant-Man (12A)

Spectacular, action-packed fun, starring Paul Rudd as the insect-sized crimefighter called upon to save the world. Tiny superhero but big thrills! ★★★★★



5. Amy (15)

Her dad Mitch doesn't like it, but this portrait of Amy Winehouse's life is gripping stuff. Mark Ronson is among those who provide memories. ★★★★★



DVD OF THE WEEK While We're Young (15)

Funny, hip comedy about a childless couple – played by the brilliant Ben Stiller and Naomi Watts – who start hanging out with a trendy younger couple. ★★★★★

Hot Pursuit

CERTIFICATE: 12A **DIRECTOR:** Anne Fletcher
STARRING: Sofia Vergara, Reese Witherspoon, Robert Kazinsky



Daniella (Vergara) and Cooper (Witherspoon) become unlikely friends

What's it all about?

An uptight cop (Witherspoon) ends up on the run with a criminal's wife (Vergara) in this buddy comedy.

What's good?

It's amusing watching glamorous Sofia towering over a tomboyish Reese, who gladly pokes fun at her short stature at

regular intervals. The two have an easy chemistry, which goes a long way.

What's bad?

Former *EastEnders* Robert feels miscast, and the jokes get repetitive after a while.

new! **VERDICT:** Great cast, so-so comedy ★★★



ALSO OUT THIS WEEK... Beyond the Reach (12A)

Michael Douglas and hunky Brit Jeremy Irvine star in this thriller about a young hunter who finds himself becoming the hunted in the Mojave Desert.

Changing times...



TISSUES
AND ISSUES!

I AM CAIT SUNDAY, AUG 2, E!, 9PM

Bruce Jenner's transition from a man to a woman has been well documented, but this fascinating fly-on-the-wall series is there every step of the way. Caitlyn opens up in some of the most candid interviews you'll ever see.

She even talks about contemplating suicide. "I've had some very dark moments in my life," she says. "I've been in my house with a gun and said, 'Just end it right here. No more pain.' That struggle is real and I've been there."

Here's a taster of what to expect in the first episode...



THE BIG REUNION

Caitlyn is reunited with her mum and two sisters for the first time as a woman. While her sister Pam knew about Caitlyn's inner struggle for 30 years, her mum had no clue...



GAME OVER

In a lighter moment, Caitlyn plays tennis with her sister and proves her sense of humour is still intact, joking about wearing a sports bra and having nowhere to put her balls. Ahem!



PRETTY WOMAN

The moment of Kylie's very first meeting with her dad as Caitlyn is caught on camera. She proves she's accepted the transition, telling Cait, "You look pretty!"



DRESSED TO IMPRESS

Kim and Kanye come to visit and Kim is desperate to get to grips with Caitlyn's wardrobe. When Caitlyn shows her a new Tom Ford dress, Kim responds, "Mom has that!" Awks!



ISLE OF MTV MALTA SPECIAL SAT, AUG 1, MTV MUSIC, 9PM MTV CRASHES PLYMOUTH FRI, AUG 7, MTV MUSIC, 9PM

If you haven't caught a music festival yet this summer, don't worry. MTV is bringing a double whammy to your living room this week! First up, top artists including Jason Derulo and Omi rock Malta, then the likes of Little Mix, Kodaline and Tinie Tempah set the Devonshire coast on fire. Not literally, obv.

FESTIVALS!

ABDUCTED TUES, AUG 4, ITV, 9PM

Astonishingly, every 12 hours a child is taken by a parent or family member in the UK. This one-off documentary follows three parents desperate to be reunited with their child who has been taken overseas. Fraught scenes of a British father trying to get his abducted daughter back from Poland will have you holding your breath.



HEARTACHE

TUT SAT & SUN, AUG 1 & 2, CHANNEL 5, 9PM

A total of 63 sets were built and 800 extras used for the battle scenes in this big-budget dramatisation of the story of Egyptian pharaoh king Tutankhamun... and we don't suppose Sir Ben Kingsley, who plays Ay, grand vizier to the king, came cheap either! The epic story plays out over two evenings, box-set style, so switch your phone to silent...



BLOCKBUSTER!

A CUPPA WITH...

KELLE BRYAN

We chat to the singer who appears in ITV's quirky celebrity reality show, *Flockstars*

Are your children, Regan, three, and Kayori, 22 months, showing any signs of wanting to go into showbiz?

I'd prefer they did something else because I know how tough this journey is. My son loves drumming, and so far Kayori isn't really into anything other than being a bit of a madam!

Will we be hearing any more from Eternal?

I know the girls are really keen to do something, but the lifestyle and environment aren't for me.

How did you find the whole *Big Reunion* experience?

It was all about closure for me. It's like going through a divorce. I didn't have any answers to why I was sacked in the way that I was, so it was

good that I faced those issues and talked it through with the girls. Now we get together from time to time and it's a lot nicer!

You're appearing on *Flockstars*, where celebrities are paired up with sheepdogs to do trials...

When my agent first told me about it, I said, "It doesn't sound like my sort of thing, bye!" But then I thought it would be a really good way to get stuck in and get my hands dirty.

How well did you get on with the other contestants on the show?

Really well. It's not at all a celebrity environment, everyone's up to their knees in sheep pool! No one was up their own backside.

Would you consider doing any other reality shows?

If it's something I want to learn and you get paid for it, I'd have to be pretty silly to turn it down. But *I'm A Celebrity* isn't my cup of tea. I don't want to eat an animal's willy, thanks!

Flockstars, Thurs, Aug 6, ITV, 8.30pm



TRAVEL GUIDES MON, AUG 3, ITV, 9PM

Why should TV presenters get all the freebie holidays? This series sends five ordinary British households to different locations to get their opinions on their destination. First up is Dubai, and hairdressers Craig and Stuart Chapman-Blackwell are uncomfortable about staying in a country where it's illegal to be gay...



HOLIDAYS!

I get stalked in supermarkets!

As hit series *The Great British Bake Off* returns, **new!** chats to Paul Hollywood and his fellow judge Mary Berry...

Surely it's not that time of year again already?! Yes, *The Great British Bake Off* is back, so strap yourselves in for more cake-based battles, choux showdowns and bread-fuelled fisticuffs!

We can't wait to be introduced to the 12 brave bakers who'll be taking each other on inside the *Bake Off* tent this time round. But before we do, **new!** decides to spend some quality time with feared but respected judges Paul Hollywood and Mary Berry, to get a flavour of what we can expect from the new series.

And as we chat, the pair are as friendly and as funny as ever, bantering away like the old friends they've become.

Here, Mary, 80, and Paul, 49, discuss the new series, which they say is the most closely fought yet, their celebrity fans and why Paul can't do the weekly shop any more...

Hi guys! *Bake Off* is back! Tell us what we can expect this year...

Paul: The contestants are all exceptionally good. They were good from the beginning. Even the final is a bit of a game-changer.

Mary: We've got 12 rather than 13 contestants this year, from all over Britain. They started off quite cool and they were very separate from each other. They had obviously watched *Bake Off* and they were very focused about doing their own thing, rather than looking left or right. Over time, they bonded.

P: Yes, the bakers are very confident this year.

What's surprised you the most?

P: The flavours that were introduced.

M: They use the internet a lot more. Some of the combinations didn't work but you can get a lot of dried fruit now. They are using a lot more essences and extracts.

INTERVIEW Christine Smith

So contestants are more adventurous?

M: Much more. The standard was amazing.

Even though we're on to series six, do they still make common mistakes?

P: Yes. On the technical challenge, they wait for someone to start and then pass the baton to the next person who might know a little bit about the next bit. But if something goes wrong, they all go wrong!

M: Then it's a test to see how they get out of the mistake and what they do.

Are the contestants a lot more competitive this time?

P: They were more competitive to begin with and then they got to know each other. They are more nervous this year, probably because it was built up as, "The biggest programme on TV." I told a few of them it would change their life and they replied, "Do you think?" Er, yes!

Thanks to *Bake Off*, you're now a fashion icon, Mary. Will there be some more iconic pieces of clothing this year?

M: There are some good jackets! All of them are nice and cosy. When that tent is open up at the sides, it's the most freezing place.

The Duke and Duchess of Cambridge love the show. Have you other celeb fans?

M: Chris Evans. He's always talking about it.

P: I went on *The Jonathan Ross Show* and Keira Knightley told me that when she found out the *Bake Off* final was on the same night as her premiere, she didn't want to go to the premiere!

Apparently, Kim Cattrall wants to go on the celeb version...

P: Yes, I saw that.

Paul, Chris is a big fan and you love cars. How about being a co-host on *Top Gear*?

P: No, it's not for me. Baking is my job. Cars are my hobby.

You are both very busy.

Do you ever take time off?

P: I do. Mary doesn't!

M: I'm going away for two weeks with my family. I'm not working for two weeks!

P: August is about the family. We go on holiday and do the CarFest, which is great fun.

Do people constantly send you cakes?

P: You get a lot of people at festivals bringing you stuff and asking you if you will judge it. Even at petrol stations! I try not to go to supermarkets now because, if I do, everyone watches what you're putting in your trolley!

You get stalked round the supermarket?!

P: Yes!

Mary, how did you celebrate your 80th earlier this year?

M: I had a lovely meal with family and friends and we're having a big family holiday together.

Do you have any burning ambitions left?

M: I have no burning ambitions. The thing I love most is *Bake Off*. That comes first. I'm not doing *Junior Bake Off* because that just takes over. We are doing Christmas, celebrity and the main *Bake Off*. Both Paul and I go to book signings and there is nearly always some little person who comes up with a box they've designed themselves and inside is a little cupcake. Children are so into *Bake Off*.

P: *Bake Off*'s for all generations. You can absorb yourself as a family watching it together.

Is there anything you don't like about *Bake Off*?

M: The first episode. There are 12 contestants and you don't know them. Towards the end, there are fewer people and you've got to know them. When it is 12, it is difficult to judge.

What's been the maddest *Bake Off* spin-off you've seen?

P: I was in Italy last year with the family and I came across *Bake Off* and me speaking in fluent Italian. It was hilarious! There's not a place on the planet where you don't get spotted. It's strange!

M: They do a puppet show. Us as puppets!

Paul, you're always rumoured to be doing *Strictly*. Are you going to do it this year?

P: No, not yet. I've got too much on.

M: He'll do it one day and I'll be watching him!

The Great British Bake Off returns to BBC1 on Wednesday, August 5, at 8pm

PHOTOS: Getty Images, Rex Shutterstock



While appearing on Jonathan Ross's show, Keira told Paul she loves *Bake Off*

'Paul will do *Strictly Come Dancing* one day and I'll be watching him!'



BAKE OFF IN NUMBERS!

THIS SERIES THE BAKERS WILL USE...



Over **1,600** EGGS

Over 130kg of FLOUR

Over 150kg of SUGAR



36KG
of chocolate

4kg of SALTED BUTTER

Over 91kg of
UNSALTED BUTTER

30 types of fruit,
including marula fruit
and goji berries

Nearly 20 different types
of flour, including almond,
hazelnut and quinoa



7 different
types of nuts

26 kg of
nuts

Approximately
50 litres of CREAM

15 different
types of alcohol



Over
20 LITRES
of milk

And lots of edible glitter!

MUSIC

Album of the week



ANDREA FAUSTINI KELLY

What you need to know...

Last week Andrea dropped into **new!** armed with cupcakes, telling us, "I'd like to feed Cheryl one!" Now, here's the former *X Factor* star armed with his debut album!

First impressions...

We're getting a Sam Smith-esque vibe from Andrea on this collection of soulful pop. *It'll All End In Tears* is the first of several powerhouse ballads, all of which let his vocals shine, while more upbeat tunes like *Evaporate* and *Back To The Sea* prove he's no one-trick pony.

Andrea also pays tribute to his heritage with *Lascia Tutto Così* sung in Italian, and the gospel choir on *Give A Little Love* would give anyone goosebumps. It's everything we'd hoped for – and more!

Download now:

It'll All End In Tears.

Did you know?

The album is named after Andrea's alter ego. In his words, "A strong, brave girl who is committed enough to follow her dreams."

new! verdict:

A brilliant debut album!

What song do you love right now?

Rihanna's *Bitch Better Have My Money*. I always listen to it before I go on stage. It riles me up!

Do you have a favourite karaoke song?

Whitney Houston's *I Will Always Love You*.

What song makes you turn off the radio?

Gangnam Style. I'm over it.

What was the last live gig you went to?

The Weeknd in Camden.

MY TUNES

MELISSA STEEL SINGER



Melissa spoke to **new!** backstage at the New Look Wireless Festival



ELLA EYRE GOOD TIMES

Ella has released an absolute banger from upcoming debut album *Feline* and we're already placing bets on it being the song of the summer. We love its catchy drumbeat and bass vibe and, as always, Ella's powerful vocals complement it perfectly.

Tune of the week

SCANDALOUS LIES

by Nigel May (Bookouture, £9.99)

Will Victoria get her marriage back on track, and what has Nova's husband been doing behind closed doors?

With more scandal than an episode of *TOWIE*, this gripping bonkbuster, which comes packed with lovers, liars and divas, is perfect to inject some heat into your summer hols reading.

Book of the week



new! COMPETITION

Win! A FANTASTIC TRIP TO BALLYMALOE, IRELAND

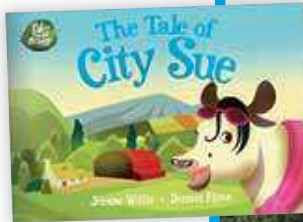
We've teamed up with Kerrygold to offer readers the chance to win a beautiful storybook called *The Tale Of City Sue* and a trip to the luscious rolling hills of Ireland.

In the charming tale by celebrated children's author Jeanne Willis, we meet a herd of happy cows whose lives are disrupted by the arrival of City Sue, a cow with a lot to learn about the joys of country living.

One lucky winner and a friend will win a copy of the book, as well as a year's supply of Kerrygold butter and a fabulous trip to Ireland, where they'll stay in plush surroundings at Ballymaloe House and enjoy a cookery course at Ballymaloe Cookery School. We'll be buttering up five lucky runners-up too, who will win a year's supply of Kerrygold butter and their own copy of *The Tale Of City Sue*. To find out more about Kerrygold head over to Kerrygold.co.uk.

Terms and conditions: Advance booking is necessary. The booking will need to be confirmed within six months. This prize is non-refundable and there is no cash alternative. Ballymaloe Cookery School courses are subject to availability. Prize to be redeemed in one visit.

Entrants must be 18 or over. Winners will be selected at random from all valid entries. The Editor's decision is final. For full T&Cs, see www.express.co.uk/campaigns/terms/7. By responding to promotions, offers and competitions you agree that Northern & Shell & new! magazine may contact you by post, SMS and/or email with offers, goods or services that may be of interest to you. To stop receiving SMS messages please text 'NS NOINFO' to the originating number. Express Newspapers/Northern & Shell reserves the right to offer these promotions in its portfolio of titles. Prizes are subject to availability. Images are for representational use only.



HOW TO ENTER

CALL 0911 719 0635 (80PPM)* OR TEXT NEWIRELAND FOLLOWED BY YOUR EMAIL ADDRESS, NAME AND ADDRESS TO 86660 (£2)**

Calls cost 80p per minute plus your telephone company's network access charge. **Texts cost £2 plus your usual network rate. Or to enter via post, send your details and telephonenumber on a postcard to:

IRELAND TRIP COMPETITION, PO BOX 12581, SUTTON COLDFIELD B73 9BX

One entry per postcard. Competition closes at midnight 29.08.15 and three working days later for postal entries. SP: Spoke. Helpline: 0333 202 3390

> **Emmerdale's** "summer of infidelity" comes to a dramatic end this week, leaving at least one resident dead and several others injured. Chrissie sets fire to Robert's car as they argue at the scrapyard and the flames creep ever nearer to some gas canisters.

Meanwhile, Debbie and Pete finally tie the knot. But just as they're about to celebrate becoming Mr and Mrs, Debbie realises her "Dear John" letter has made its way into the stack of wedding cards. However, it turns out that's the least of her worries, as a trail of destruction rips through the wedding reception.

In **Home And Away**, Brax's transfer van is run off the road into the river and the jailbird is missing, presumed dead. Hmm, suspicious!



Pete marries Debbie

Death and destruction!

Chrissie torches Robert's car

Controversial kisses

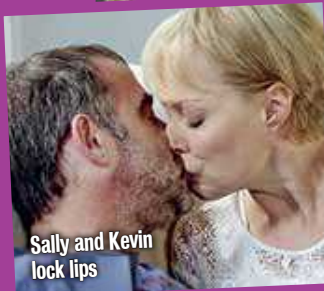
> We've never thought **Corrie's** Sally and Tim were a match made in heaven. So we're not surprised to see her back in the arms of her ex-hubby Kevin as soon as Tim heads off to Wales with Faye!

Over in **EastEnders**, Ronnie isn't happy when she finds her sister in a clinch with Dean, but manages to climb off her high horse long enough to snog Vincent.

On the other side of the world, in **Neighbours**, Daniel kisses Imogen and, although they don't physically lock lips, Lauren and Brad share a moment during a blackout at No.32.



Roxy and Dean snog



Sally and Kevin lock lips

Attacked!

> Phil's been waiting for an excuse to let his fists do the talking when it comes to Vincent in **EastEnders**. The club owner plays right into Phil's hands when he changes the name of The Albert to Pearl's without telling him and pays for it with a severe Mitchell hiding!

Meanwhile, in **Hollyoaks**, Sienna is still unaware that Carly is Ben's daughter and, convinced something is going on between them, they come to blows. Eek!



Phil gives Vincent a final warning

WORDS: Kate Noble PHOTOS: Joel Goodman/LNP

SOAP SNIPPET



Libby is returning to Albert Square

Walford welcomes back Libby Fox this week for a fleeting visit – just two episodes in fact. Brainbox Libby returns to **EastEnders** from Oxford

University to celebrate her birthday with mum Denise, but as always in Soapland, there's more to her comeback than meets the eye. "It's great to be back again," said Belinda Owusu, who plays Libby. "I'm always excited to see how Libby has grown and to be back with the Fox family."

A CUPPA WITH...

ANTHONY QUINLAN

We chat to the **Emmerdale** actor, whose character Pete is caught up in a major disaster this week...

You went to the ITV soaps' summer party recently – was it fun?

What a great night! I look forward to those parties. It gets a bit loose...

Yes, Jack P Shepherd was snapped pretending to pee on the **Emmerdale sign!**

No way! I didn't see that! They do get a bit wild.

What's it like working so closely with Charley Webb, who plays Debbie?

Charley's brother, Jamie Lomas, is my best friend, so she's like family. She's so talented. You get drawn in by her performances.

Has Jamie ever had words with you about looking after his little sister?

[Laughs] We used to wind him up a little bit!

Are you at all similar to Pete? More so when he first came into it. The new Pete is quite domesticated

and I'm not! Ross is out there to cause a stir at any given opportunity, whereas Pete isn't like that. I guess that's the only similarity – that and he likes the odd pint in The Woolpack!

We didn't think Debbie and Pete would make it down the aisle...

Did you not? Pete's completely unaware of what's been going on between Debbie and Ross. He knows about their history but pushes it to the back of his mind. He's besotted with Debbie and wants to spend the rest of his life with her.

He even asks Ross to be an usher. He thinks he's going to get his happy ever after!

But this is **Emmerdale! Can you tell us what happens?**

There's going to be a big disaster. It's going to be the biggest stunt **Emmerdale** has ever done and a massive shock to the audience.



Hide and seek

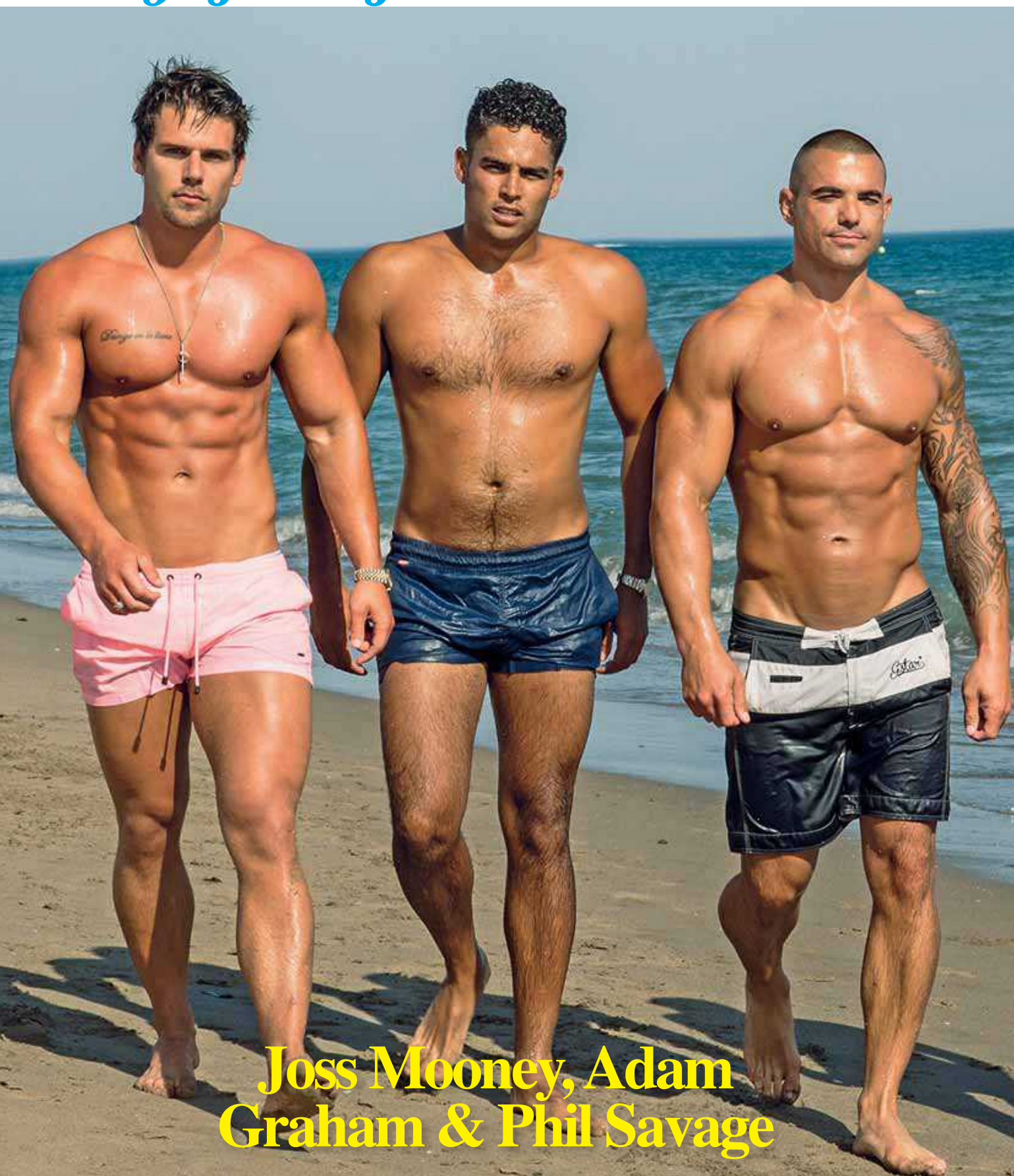
> Sarah's heart is in her mouth in **Corrie** when Max comes out of the bedroom in Callum's flat brandishing a gun he's found. Callum prises it from Max's hands, but Sarah

sees her man in a different light. At last!

Meanwhile, Carla's also hiding something – her gambling addiction. But Michelle is on to her after finding a receipt from a Las Vegas hotel when she was supposed to be in Spain!



Callum takes a gun off Max



Joss Mooney, Adam Graham & Phil Savage

Check out this tasty trio! These oh-so hunky physiques are owned by three of the stars of new ITVBe series *Life On Marbs*. One word: yum!

If you haven't tuned in yet, the show takes us behind the scenes in party-mad Marbella, so think large bar tabs, tiny bikinis and, of course, rock-hard abs.

Joss, 27, is a fitness trainer (shocker) and model (double shocker) from Manchester. You may recognise him from *Ex On The Beach*, where he famously hooked up with **new!** columnist Vicky Pattison!

Adam, 25, is a property manager and waiter, while Phil, 34, is a club

owner who helped devise the legendary champagne spray parties. What a claim to fame!

We don't doubt that hearts will be breaking around the infinity pool with these lads on the prowl.

Get us a one-way ticket to the Costa Del Sol, pronto!

Lori Reid



August 3-9

Find out what's written in the stars for you over the next week

Aquarius JAN 21 - FEB 19

You won't get everything your own way, but you'll win more than you lose. By Friday you're breathing a sigh of relief as a hectic couple of months come to an end. Call my Starline to hear more: **0907 181 2957 (11)*** or subscribe to **new!** Astro Texts (see below right).

Pisces FEB 20 - MAR 20

Travel is enticing but bothersome and expensive. If you don't succeed by midweek, try again on Thursday when the stars are on your side. Friday marks a new beginning. Call my Starline to hear more: **0907 181 2957 (12)*** or subscribe to **new!** Astro Texts (see below right).

Aries MAR 21 - APR 20

It would be a pity if obstacles dampened your enthusiasm. But that's what could happen if you don't trust your abilities and push ideas forward. Money comes just when you need it. Call my Starline to hear more: **0907 181 2957 (01)*** or subscribe to **new!** Astro Texts (see below right).

Taurus APR 21 - MAY 21

Domestic arrangements are likely to stall, but keep working on your grand scheme. Thursday's conversation proves you're on the right lines. Your dream home is becoming a reality. Call my Starline to hear more: **0907 181 2957 (02)*** or subscribe to **new!** Astro Texts (see right).

Gemini MAY 22 - JUNE 22

Health, hassles or hiccups may force you to change the travel plans you had in mind. Friday's purchase or project has lasting impact. Saturday is for home. Call my Starline to hear more: **0907 181 2957 (03)*** or subscribe to **new!** Astro Texts (see below right).

Cancer JUNE 23 - JULY 23

If you focus on the positives, you will come out winning. Money is about to start rolling in. Arguments or physical discomforts vanish by the end of the week. Call my Starline to hear more: **0907 181 2957 (04)*** or subscribe to **new!** Astro Texts (see below right).

Leo JULY 24 - AUG 23

You're keen to develop plans but home affairs are holding you back. On Thursday, you spot your opportunity and everything comes together. Your energy returns on Saturday. Call my Starline to hear more: **0907 181 2957 (05)*** or subscribe to **new!** Astro Texts (see below right).

Virgo AUG 24 - SEP 23

You've had an intense few weeks, but now it's time to loosen up and unwind. Play your cards close to your chest early in the week. Thursday brings a breakthrough. Friday is green for go. Call my Starline to hear more: **0907 181 2957 (06)*** or subscribe to **new!** Astro Texts (see right).

Libra SEP 24 - OCT 23

Midweek's rethink regarding your goals could send you in a new direction. Socially, it's a full-on week but you must stay within your means. Romantic opportunities grow. Call my Starline to hear more: **0907 181 2957 (07)*** or subscribe to **new!** Astro Texts (see below right).

Scorpio OCT 24 - NOV 22

This week's developments convince you that a long-held ambition isn't pie-in-the-sky. But you must up your game. Thursday makes the week special. Love and work are linked. Call my Starline to hear more: **0907 181 2957 (08)*** or subscribe to **new!** Astro Texts (see below right).

Sagittarius NOV 23 - DEC 21

Whether it affects health, money or work, there's a lot to think about early in the week. A lucky break could propel you into the spotlight. Expect good news on Thursday. Call my Starline to hear more: **0907 181 2957 (09)*** or subscribe to **new!** Astro Texts (see below right).

Capricorn DEC 22 - JAN 20

Not only are your finances on the up, but home, house and family are also blessed. So don't let an uneasy atmosphere early in the week put a dampener on your affairs. Call my Starline to hear more: **0907 181 2957 (10)*** or subscribe to **new!** Astro Texts (see right).

WILL YOU FIND LOVE THIS SUMMER?

Call FREE and speak to our friendly advisers to book a reading:

0800 063 1493

Or pay on your phone bill and call:

0906 150 5898

(£1.50/min, 18+)
Calls cost £1.50 per minute plus your telephone company's access charge. Service available 8am-1am, seven days a week. Calls made outside these hours will be charged. Max length for calls is 19.5 mins. Booking line open 9am-5.30pm, Mon-Fri. Callers must be 18+. You must have the bill payer's permission.

SAVE OVER £15 when you book a 30-minute reading!

Lori's TEXT-A-PSYCHIC

My gifted psychics can answer ANY burning question you might have.

Simply text NEWPSYCHIC and then your question (max 160 characters) to 88004.** My psychics will send you an instant answer. You will receive two message responses charged at £1.50 each. Total cost £3 (plus network extras).

Subscribe to **new!** Astro Texts for 50p plus standard network charge per message per day (max weekly cost of £3.50). To join, text NEW followed by the first three letters of your star sign, eg **NEWGEM**, to **87080**. This is a subscription service. It will cost 50p plus standard network charge per message per day until you text STOP to 87080.

*FOR LORI'S STARLINE SELECT YOUR ZODIAC NUMBER (IN BRACKETS UNDER EACH STAR SIGN). CALLS COST 80P PER MINUTE PLUS YOUR TELEPHONE COMPANY'S NETWORK ACCESS CHARGE. MAXIMUM 8 MINUTES. ENTERTAINMENT ONLY. SUBSCRIBE TO DAILY ASTRO TEXTS FOR 50P PLUS STANDARD NETWORK CHARGES PER MESSAGE PER DAY. THIS IS A SUBSCRIPTION SERVICE. TO UNSUBSCRIBE AT ANY TIME SEND STOP TO 87080. SP: SPOKE, 0333 202 3390. **FOR TEXT A PSYCHIC: EACH TEXT RECEIVED COSTS £1.50 PER MESSAGE. YOU WILL RECEIVE TWO MESSAGES PER QUESTION. TOTAL COST £3 (PLUS NETWORK CHARGE). WHEN YOU TEXT A PSYCHIC YOU MAY RECEIVE FREE MARKETING MESSAGES FROM **new!**. TO OPT OUT, TEXT NINOTFO TO 88004. AVAILABLE ACROSS ALL NETWORKS. CUSTOMER SERVICE: 0333 202 3392 (9AM-5PM, MON-FRI). SERVICES FOR ENTERTAINMENT ONLY AND REGULATED BY PHONEPAYPLUS. 18+ ONLY.

new! Letters



WRITE: Letters, **new!** magazine, The Northern & Shell Building, Number 10 Lower Thames Street, London EC3R 6EN

EMAIL: newletters@express.co.uk



ZAYN'S WEEK FROM HELL!

I think it was a bit out of order of Zayn Malik to call Naughty Boy a "fat joke" (*Zayn's biggest blow yet!*, issue 632). Zayn has a lot of young fans, so he's not exactly setting a good example by slating his ex-mate's weight. Could the news he's been dropped by Simon Cowell's record label be down to karma?! Maybe...

Shelly, London



SHAME ON YOU, KIERAN!

I was embarrassed that Katie Price's husband Kieran tried to teach Harvey to say "knob" on *This Morning* (*'Sex with Kieran keeps me in great shape'*, issue 632). Katie's always going on about people putting her down, so it's odd her hubby is teaching her son to insult people!

Holly, Bromley



MARCHELLE'S DREAM GENES!

How gorgeous will Mark Wright and Michelle Keegan's kids be when they finally come along (*Michelle's baby riddle*, issue 632)? The newlyweds are both ridiculously good-looking, so imagine what cute babies they'll have. Also, I reckon Michelle will rock a baby bump really well. Let's watch this space...

Marie, Teeside

Their children will have won the genetic lottery, that's for sure! A Nicky Clarke goody bag worth £50 is on its way to you.

TWEETS

@ollycwalker
@new_magazine love the column by sassy @LaurenGoodger - she just says it all! #beauty #brains #business

@xxamyLou21xx
@new_magazine its mag day yes!!!! cant wait to come home from work later and get all the gossip. #newmag #bath #wine

Tweet and follow us @new_magazine
To text your comments, write **NEWCHAT** followed by your message and send it to **83080**. Texts cost 25p plus your usual network rate. SP: Spoke Ltd, Helpdesk 0333 202 3390

PHOTOS: EMPICS Entertainment, FameFlynet.uk.com, VantageNews.co.uk
*Tweets are printed exactly as they appear on Twitter



WEDNESDAY, JULY 22
HEALTH LOTTERY DRAW NUMBERS

6 10 18 36 39 27

BONUS BALL

WIN GREAT STUFF!

If you'd like the chance to win our fab Letter Of The Week prize, write to the postal or email address at the top of the page. Please include your name, address, email and daytime phone number. All letters must be original. **new!** is unable to return any manuscripts or photographs. The editor reserves the right to edit submitted material. **new!** cannot reply to letters individually.

Nicky Clarke has unveiled a new range, HairWise, which is bringing salon standards to the high street. It includes the LightBoost for blondes, SuperGloss for brunettes, SmoothSilk for anti-frizz, DeepTreat for dry hair and TextureBuild for volume. **new!** has teamed up with the leading hair brand to give one lucky winner a £50 goody bag! Each of the products is priced at £5.99 and available exclusively at Tesco.

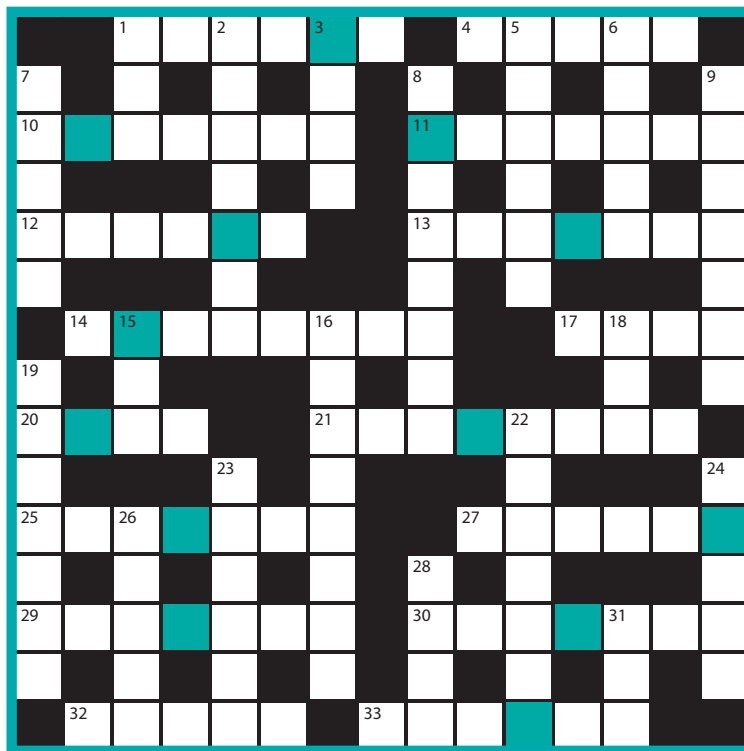


Crossword

Rearrange the letters in the shaded squares to find the name of an *X Factor* presenter...

Across

- 1 ___ Dickinson, model who has appeared on TV shows including *Come Dine With Me* (6)
- 4 Mexican actress whose films include *Puss In Boots*, Salma ___ (5)
- 10 The surname of UK soap actress sisters Hannah and Kara (7)
- 11 ___ Jenner, reality TV star who was formerly Bruce Jenner (7)
- 12 One of pop's Sugababes, ___ Berrabah (6)
- 13 ___ Deyn, British fashion model (7)
- 14 2010 Coen Brothers film whose stars include Matt Damon (4,4)
- 17 Spanish fashion designer, ___ Rabanne (4)
- 20 ___ Schreiber, US actor who is the partner of Naomi Watts (4)
- 21 US actress whose films include *The Big Wedding*, Amanda ___ (8)
- 25 The Christian name of the Duke of Cambridge (7)
- 27 ___ McCartney, fashion designer who is the daughter of Sir Paul (6)
- 29 British actor and star of films including *A Promise*, Alan ___ (7)
- 30 Josh ___, US actor who is married to The Black Eyed Peas' Fergie (7)
- 32 US boy band of which Justin Timberlake was a member (1,1,1,1,1)
- 33 US actor reprising his role as Ari Gold in the new *Entourage* film, ___ Piven



Down

- 1 ___ *Ho! (You Are My Destiny)*, song that was a hit for the Pussycat Dolls (3)
- 2 Oscar-winning US actress, ___ Portman (7)
- 3 50 ___, name by which rapper Curtis James Jackson III is better known (4)
- 5 Actress who plays Ruby Haswell in TV's *Emmerdale*, ___ Eyo (6)
- 6 ___ Goulding, British songstress whose hits include *Love Me Like You Do* (5)
- 7 US actor whose films include *Boyhood*, ___ Hawke (5)
- 8 Melissa ___, US actress and star of the new film *Spy* (8)
- 9 US actress and star of films including *Horrible Bosses 2*, Jennifer ___ (7)
- 15 See 24 Down
- 16 ___ Pike, British actress whose films include *A Long Way Down* (8)
- 18 Animated film series featuring the voice of Ray Romano, *Ice* ___ (3)
- 19 Brandon ___, The Killers' lead singer (7)
- 22 British film director who was married to Madonna, Guy ___ (7)
- 23 Nicole ___, Australian actress who is married to Keith Urban (6)
- 24 & 15 Down Canadian singer who sang *I Really Like You*, ___ Jepsen (5,3)
- 26 George ___, US filmmaker who created the *Star Wars* franchise (5)
- 28 US actress in *The Sopranos*, ___ Falco (4)
- 31 James ___, one of the hosts of *Top Gear*



Chat Or Date!

100s Of Men & Women Online Right Now

ONLY **10p** PER MIN

Women: **0800 075 7428**

Men call: **0871 908 9525**

18+. Helpdesk 0207 966 9686. Live calls recorded. 0871 = 10p per min. 0800 = Free from a BT landline. Network extras apply. Bill payers permission. SP: 4D.

Live Spiritual and Tarot Readings

kooma
spiritual you

77p per min **0906 758 2204**

Debit/Credit Card **0800 075 4573**

£14 for 20 mins or £27 for 40 mins



18+. 09 = 77p per min, network extras apply. Calls recorded. Bill payers permission. For entertainment purposes only. SP: Psychic Switchboard Ltd. Helpdesk 0207 966 9626.

Celeb tweets

Match these three stars to the pics they've posted on Twitter...



Issue 631's solutions

Crossword: Jennifer Aniston Wordsearch: Sleepy Hollow Celeb fashion: 1:B; 2:C; 3:A
Spot the difference: Colour of shoe, gaps in helmet, stripe on helmet, road sign moved, length of dress, fence post missing
Puzzles prize winner, issue 630: Margaret Boswell from Swindon

Spot the difference

Can you find the six differences between these two pictures of Rochelle Humes working on the *X Factor*?



PHOTOS: Getty Images, WireImage, Xposurephotos.com

Wordsearch

The following words relating to Glastonbury Festival can all be found in the grid except for one...

Acts
Arcadia
Bars
Beat hotel
Campervans
Compost toilet
Festival
Left Field
Line-up
Pyramid
Recycling
Shangri-La
Silent disco
Silver Hayes
The Common
The Park
Tickets
Tipis
Unfairground
Worthy Farm

C	V	K	G	M	R	J	A	C	P	N	Z	Q	K	H
K	O	P	P	K	R	I	H	U	D	K	V	F	B	S
X	B	M	T	C	D	A	E	E	R	B	E	A	O	I
M	V	D	P	A	L	N	F	A	K	D	R	D	L	L
B	M	G	C	O	I	N	P	Y	C	S	N	X	L	E
C	E	R	N	L	S	E	O	F	H	U	J	E	D	N
A	A	A	C	I	H	T	E	M	O	T	F	V	N	T
M	T	S	T	T	L	S	T	R	M	T	R	K	A	D
P	Z	I	I	H	T	C	G	O	F	O	S	O	I	I
E	H	J	C	I	O	R	Y	I	I	T	C	M	W	S
R	Q	P	V	K	I	T	E	C	C	L	A	E	I	C
V	V	A	B	A	E	L	E	A	E	R	E	P	H	O
A	L	Z	F	X	D	T	Q	L	Y	R	I	T	E	T
N	U	N	S	Z	D	X	S	P	Q	T	F	J	L	N
S	U	S	I	L	V	E	R	H	A	Y	E	S	O	Y



new! has teamed up with Paul Frank to offer one winner a fantastic bundle of goodies. This fabulous prize, worth more than £80, has everything you need to stay stylish this summer and is ideal for those planning holidays or weekends away. Included is an array of essentials – a jumbo beach towel, clear beach bag with travel pouch, holdall, travel pillow, umbrella and cute luggage tag. To browse the full range, including some amazing luggage cases, visit Very.co.uk. To stay up to date with the Paul Frank brand, follow @paulfranktweets on Twitter.

For a chance to win this great prize, send this form, with the answers to our crossword and wordsearch, along with your contact information to: Puzzle Prize 633, **new!** magazine, Number 10 Lower Thames Street, London EC3R 6EN, by August 9, 2015. A winner will be chosen at random and contacted by a member of the **new!** team.

Name:
Email:
Phone number:
Crossword answer:
Wordsearch answer:

EXPRESS your selfie!



Collabro via Instagram

We are so excited to be on music station tonight! We love you Japan!!!

Richard Hadfield from Collabro tells us about one of his fave snaps

Since winning *Britain's Got Talent* in 2014, boyband Collabro have been travelling the globe, performing for fans all over the world – and they've documented it all on their Instagram feed! One-fifth of the band, Richard Hadfield, talks us through this snap taken in Japan on June 12...

So, Richard, what's the story behind this group selfie?

We were invited out to Japan originally to go on *Music Station* – a show with 30 million viewers. The producer liked us so much the first time he invited us back and we sang *Let It Go*, which went down a storm. We were all waiting backstage and I was like, "Boys, we really need to get a picture with this in the background!"

What are your Japanese fans like?

They're so lovely and loyal. We did a showcase out there, and afterwards 400 people queued

up to see us. Normally, in the UK, they'd want autographs and pictures, but they simply wanted to shake our hands! It was totally different – the respect was so lovely and unexpected.

What do you think about the selfie craze?

People don't want autographs any more – they ask for selfies instead. I think selfies are cool. I remember when they weren't even called selfies – I guess they've always been around, they just never had a name!

Is it difficult for you all to fit in a group selfie?

Yes! Jamie has the longest arms so he normally takes them, which helps, but it's tough to get everyone in. You have no idea how long it takes to get a selfie, especially when we're all a bit tired – and then there will be half a face missing so we have to do it again!

Is there any competition to get to the front of the selfie?

No, we're all pretty chilled, there's no fighting to get to the front.

Have any of you ever had a diva moment where you didn't want

a selfie to go up because you didn't think you looked very good?

I don't want to out anyone! I think being in the public eye can sometimes make you feel insecure because you want to look your best all the time for everyone. But I think as long as we're ourselves, that's all that matters.

Do you have a Collabro selfie stick?

Yes! We actually took a selfie every night on tour and Matt had a Bluetooth selfie stick!

What's the coolest selfie you've taken?

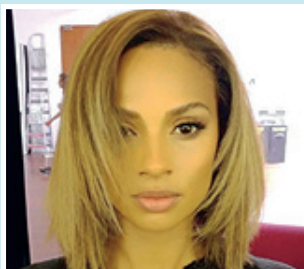
Whenever we go to different countries, it's selfie central and we get one in each place. For me, when we had a picture with Jonny Wilkinson it was massive because I'm such a big rugby fan.

Have any of you ever taken a belfie?

Jamie fell asleep on a plane once and I took a selfie of my bum next to his face, if that counts!

Collabro will be performing a picnic proms concert at Betley Concerts on August 16. Visit Signal1.co.uk for tickets

Tweet talk



@AleshaOfficial

New blonde hair for my exciting new project with @htc_uk #blondehairdon'tcare!
TUESDAY, JULY 21
Sultry look, Alesha Dixon – you own it!



@wonderwomanshel

#girlsday @TheGroveHotel #afternoontea

WEDNESDAY, JULY 22

How very civilised of Michelle Heaton and her little daughter Faith.

@KimKardashian

After...

SUNDAY, JULY 19
Cute North looks very pleased with herself after finishing a delicious chocolate chip-filled pancake!



@elliegoulding

If you think High intensity workouts are the hardest/worst, try a conditioning session. Really slow moves but TOUGH. I actually cried.
WEDNESDAY, JULY 22
Cried?! We think we'll pass, thanks, Ellie.

EDITOR-IN-CHIEF LEBBY EYRES **deputy editor** Rhona Mercer (maternity leave) **acting deputy editor** Lisa Jarvis **acting assistant editor (news)** Sarah Morton **assistant editor (features)** David Bell **associate editor** Leo Roberts **news editor** Julia Brooks **deputy news editor** Joel Cooper **deputy features editor** Kate Noble **true life editor** Charlotte North (maternity leave) **acting true life editor** Caroline Benjamin **production editor/travel editor** Becky Ward **deputy production editor** Amy Maynard (maternity leave) **acting deputy production editor** Graham Taylor **fashion editor** Stacey Moors (maternity leave) **acting fashion editor** Sarah Lovell **acting deputy fashion editor** Zoe Kozlik **fashion stylist** Gillian Scholes **fashion and beauty assistant** Jodie Spragg **beauty editor** Madeline Crisp **senior writer/online editor** Zara Zubeidi

senior writer Karmel Doughty **writer** Olivia Adams **editorial assistant** Gemma McCartney **design creative director** Steve Dobson **art editor** Martin Robertson **designers** Chris Morris, Polly Leigh **pictures picture editor** Adele Hooper **deputy picture editor** Sam Martin **picture researchers** Vanessa Chandler, Leonie Lodge, Emil Mullins **subs chief sub** Jennifer Omoerah **sub editors** Ione Brown, Jemma Holme, Richard Trenchard, Vicky Wisdom **new! magazine**, The Northern & Shell Building, Number 10 Lower Thames Street, London EC3R 6EN phone 020 8612 7016 email gemma.mccartney@express.co.uk **advertising advertising enquiries** 020 8612 7013 **syndication head of syndication** Emma Radford 020 8612 7903 **back issues & subscriptions** 01234 227142 **basic annual subscription rate** UK £42, EU £65

abc
July to Dec
2014
301,190

WORDS: Georgia Farquharson PHOTOS: Getty
Internet posts are printed exactly as they appear online



GET **200%** SIGN ON BONUS!
DEPOSIT £10,
PLAY WITH £30



20% OF PROCEEDS GO TO
 HEALTH RELATED CHARITIES

VISIT
healthbingo.co.uk

VERY.CO.UK



Fashion delivered
free next day